

tsəwə blɒs ə ni qu əksw I	I wake up in a cold sweat
I wake up in a cold sweat	tsəwə blɒs ə ni qu əksw I
gɪncɪs ɪz ɦeɪt ɪm	my heart is racing
my heart is racing	gɪncɪs ɪz ɦeɪt ɪm
ɦtseɪd ɪm ɦtɪtʃ t'neɪ I	I can't catch my breath
I can't catch my breath	ɦtseɪd ɪm ɦtɪtʃ t'neɪ I
ɦseɪ ɪd beɪzɪləsɪq m'I	I'm paralyzed by fear
I'm paralyzed by fear	ɦseɪ ɪd beɪzɪləsɪq m'I
ɦnɪldmɪt m'I	I'm trembling,
I'm trembling,	ɦnɪldmɪt m'I
ɦnɪksɦs m'I	I'm shaking
I'm shaking	ɦnɪksɦs m'I
ɦnɪtskɔftɪs m'I	I'm suffocating,
I'm suffocating,	ɦnɪtskɔftɪs m'I
ɦnɪqsɛp m'I	I'm gasping
I'm gasping	ɦnɪqsɛp m'I
ɦɪs ɦt	for air,
for air,	ɦɪs ɦt
ɦɦlɦ ɦt	for relief
for relief	ɦɦlɦ ɦt
ɦmɔs t'neɪb tɪ tɪd	but it doesn't come
but it doesn't come	ɦmɔs t'neɪb tɪ tɪd
ɦseɪw stɛp tɪj tɦ	It just gets worse
It just gets worse	ɦseɪw stɛp tɪj tɦ
ɦseɪw bɦs	and worse
and worse	ɦseɪw bɦs
bɦmɦsɦt m'I lɦtɦ	until I'm consumed
until I'm consumed	bɦmɦsɦt m'I lɦtɦ
ɦtɦt ɦɦk mɦstɦr	by this dark monster
by this dark monster	ɦtɦt ɦɦk mɦstɦr
ɦtɦt kɦntɦrɦs mɦ ɦvɦrɦ tɦɦtɦ	that controls my every thought
that controls my every thought	ɦtɦt kɦntɦrɦs mɦ ɦvɦrɦ tɦɦtɦ
ɦvɦm ɦvɦvɦ ɦm	my every move
my every move	ɦvɦm ɦvɦvɦ ɦm
ɦvɦrɦ ɦvɦvɦ ɦm	my every breath
my every breath	ɦvɦrɦ ɦvɦvɦ ɦm
ɦnɪmɦsɦtɦs ɦtɦ	It's all-consuming
It's all-consuming	ɦnɪmɦsɦtɦs ɦtɦ
ɦnd ɦnɦt ɦtɦ ɦsɦpɦ	and I can't escape
and I can't escape	ɦnd ɦnɦt ɦtɦ ɦsɦpɦ
ɦnɦt ɦnɦt ɦnɦt ɦnɦt	I can't run
I can't run	ɦnɦt ɦnɦt ɦnɦt ɦnɦt
ɦnɦt ɦnɦt ɦnɦt ɦnɦt	I can't hide
I can't hide	ɦnɦt ɦnɦt ɦnɦt ɦnɦt
ɦm ɦtɦwɦs ɦtɦ	It's always with me
It's always with me	ɦm ɦtɦwɦs ɦtɦ
ɦtɦt ɦɦk kɦud ɦf ɦnɦtɦtɦ	this dark cloud of anxiety
this dark cloud of anxiety	ɦtɦt ɦɦk kɦud ɦf ɦnɦtɦtɦ
bɦnɦrɦs ɦm ɦwɦllɦt ɦtɦtɦ	that follows me around
that follows me around	bɦnɦrɦs ɦm ɦwɦllɦt ɦtɦtɦ
ɦtɦtɦn ɦnɦs ɦsɦ ɦm ɦtɦnɦsɦt ɦnɦs	and haunts me day and night.
and haunts me day and night.	ɦtɦtɦn ɦnɦs ɦsɦ ɦm ɦtɦnɦsɦt ɦnɦs

Anxiety is a feeling of apprehension or **terror**. **An anxiety disorder** is a mental disorder. **Anxiety** is an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure. **The Nervous system** is the group of tissues that interact with the environment to create movement, sensation and communication. **The nervous system** control the body's heart, blood pressure, ida and digestions. **Anxiety** is defined as a feeling of worry, concern, or worry State. **Anxiety** is a feeling of unusual or uncontrollable worry or **terror**. **Anxiety** is defined as a feeling of preoccupation, worry, or stress that is characterized by problems staying focused on the present,requent sensations of fear or **terror**, and a substantially low level of comfort or relaxation. **Anxiety** is inflammation of the brain and nervous system. **Anxiety** is the fear of or unwillingness to experience anyxious stimuli. **Anxiety** is a feeling of apprehension, fear, or **Terror** that is considered to be excessive and may be related to a number of factors such as personal history, social environment, or medical condition. **Anxiety** is a feeling that is characterized by fear or anticipation of feeling a anxious. **Anxiety** is a feeling of nervously a anticipation or worry. **Anxiety** is characterized by a sense of worry and fear that can be specific or general. It ranges from mild generalized anxiety disorder to types of anxiety that are severe and lead tomoil, such as panic attacks. **The definition for a nxiety** can vary depending on who is talking, but usually anxiety is a feeling of worry, fear, or anxiety. **Anxiety** is a anxiety disorder characterized by a continuously high level of anxiety and stress. **Anxiety** is a feeling of unease or fear that is usually accompanied by a number of symptoms, such as hairs on the back of the neck, chest, or head. **Anxiety** is defined as a fear of or anxiety about some situation or event. **Anxiety** is an intense and persistent feeling of worry, fear, or upset. **Anxiety** is a feeling of apprehension or **terror**. **Anxiety** is defined as a feeling of anxiousness or tightness in the chest or lungs. **The definition of anxiety** can vary depending on who is asking and is often based on personal experiences or symptoms. **Anxiety** is defined as a feeling of extreme fear or worry. **Anxiety** is defined as a feeling of fear or apprehension. **There is no one definition for anxiety. It can refer** to intense or mild levels of fear or worry. It can also refer to a feeling of **undermine or inadequacy**.

```
import os
import openai

openai.api_key = os.getenv("OPENAI_API_KEY")

response = openai.Completion.create(
    engine="text-davinci-002",
    prompt="how do you feel when you're anxious? \n\nI feel like my heart is racing and I can't catch my breath. I feel like I'm going to throw up and I can't focus on anything.",
    temperature=0.36,
    max_tokens=2669,
    top_p=1,
    frequency_penalty=0,
    presence_penalty=0
)
```

