

## **Anxiety Monster-Rhona McFerran**

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Rhona McFerran is an Irish poet, freelance writer, and graphic artist. Her poem **Anxiety Monster** vividly personifies anxiety as a cunning monster that invades the speaker's personal space. This creature sneaks into her bed, lying in wait beneath it, ready to pounce. Despite attempts to ignore it, the monster's attacks become impossible to avoid.

Anxiety is described as a sneaky beast, highlighting its deceptive tactics. It is not merely a simple fear or worry but a complex, ugly entity that drains the speaker's joy and leaves her feeling glum. The poem also emphasizes anxiety's notorious reputation for troubling others, highlighting its widespread impact on mental health. The speaker feels taunted, trembling with fear in its presence.

Despite anxiety's overwhelming influence, the speaker is determined to defeat it. She admits that anxiety has wasted her precious years. To conquer this monster, she plans to use the knowledge of Freud, identifying its weaknesses and preparing for battle. This strategy emphasizes the importance of understanding and confronting anxiety head-on rather than avoiding or suppressing it.

The speaker is aware that anxiety is a tricky and crooked opponent, one that will use unfair means to try and defeat her. However, her willingness to face anxiety despite its unpredictable tactics demonstrates her courage and determination to reclaim her life from its grasp.

Rhona McFerran's poem masterfully portrays the overpowering grip of anxiety, emphasizing the need for courage and determination to overcome it. The poem serves as a powerful reminder of the importance of mental health awareness and the resilience of the human spirit.

### **Anxiety Monster - Rhona McFerran**

Rhona McFerran is an Irish poet, writer, and artist. In her poem **Anxiety Monster**, she talks about anxiety. She describes it as a scary monster. This monster sneaks into the speaker's bed and hides under it. Even though the speaker tries to ignore it, the monster is too strong and hard to avoid.

The poem describes anxiety as a sneaky and tricky beast. It is not just a small worry but something that makes the speaker feel sad and scared. The speaker knows that this monster bothers many people, not just her. Even though the monster makes her feel very afraid, the speaker is determined to fight it.

The speaker plans to learn more about anxiety and face it head-on, just like a brave hero would face a villain. Even though the monster is tricky, the speaker is strong and ready to take back control of her life. This poem teaches us about the importance of being brave and facing our fears.

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