I don’t understand why this is happening. My body feels so weird. Everything is racing and I can’t think straight. It’s like… I can’t slow down. My arms lift up but are vibrating. I try to walk and I step too fast and trip over myself. I don’t know how to move anymore. This is out of control. What was in the chemical I spilt on myself?

Slow movements. I try taking slow movements. It’s only a quick block away from my house. I just need to keep my hands still in my pockets. Walk with one foot moving up and forward. Then place it down. And move on to the next foot. I motion my head downwards and try looking at my watch without raising my hand. It’s 12:45. Normally I’d get to my apartment in 7 minute from here, and into my room in about 9 or 10. Keep walking slow. Just make it over. Don’t pay too close attention to my body. Not yet at least.

I’ve made it into my room. It felt like ages getting here. Lucky no one was around as I awkwardly walking into my place. But it’s over now and I feel much more comfortable inside. Maybe that’s all I need to control whatever this is, comfort. I wonder how long that 9 minute walk took… No. No way! The watch says 12:50! Did it break? A minute just passed. The watch works normal. Probably the only thing that is right now. I need to look at a mirror. Is there anything wrong? I don’t see any differences. When I take out my hands and look at them they start to vibrate. I can’t really tell but staying motionless and focusing on them starts making them vibrate. When I put my hand down on the table there’s a lot of pressure buildup between the two. My arms really do vibrate.

What happens when I try looking in the mirror while I start walking normally? I need to see what was tripping me. I can’t tell where I stepping towards but need to see the reflection of what’s happening. I take about three steps and stop. I don’t understand. I turn back and take three steps toward my starting point. I keep going back and forth. Am I faster? How is that even possible? I can’t tell but it’s like I see myself in the mirror at different points. Like looking at few pictures being taken after another. I can hardly make out the entire movement. I need to take longer steps. Maybe I don’t know how quick a 3 step walk is. I need to see my watch. When the next minute starts I’ll time myself walking along my apartment and back to the starting point.