

After the scream/wonder

by Nikki Dudley

is more than just fear is it fear

[where did the fear grow from?] I spent hours
in the garden feeding you insects but the scream
tore

through your mind says you're in danger from
spiders

no going back [after the scream]

you might have a fear of both spiders and
spiderwebs

[or just spiders individually]

I filled those webs with insects and watched them
judder

I waited for you to arrive then the scream echoed
through time if you grew up with parents or other
loved ones

who had an intense fear of spiders you may

be at an increased risk [of developing the same fears]

are we afraid because you saw fear this fear and overestimation

of encountering spiders - can cause physical symptoms

[what would it do to me?] can I go back
to the quiet interaction the waiting for the moment
[the wonder?]

while Spider-Man won't necessarily help you
cure your arachnophobia, seeing spiders in such a
positive context

could be a start [or an end to this]

Some text taken from: <https://www.healthline.com/health/mental-health/fear-of-spiders#takeaway>