



(Written by Seiko 🍌)

Dabi Comforts You During an Anxiety Attack - Dabi x Listener

* ✧ . ° : * ✧ . ° : * ✧ . ° : * ✧ . ° : * ✧ . ° :

The Audio starts with the listener out on the balcony. It's cold and raining quite hard. The balcony door slides open.

Ah, there you are. Boss wants you to come down to the bar. Said he's got a job for you...

... Huh? You crying or something?

Hey, as much as I'm convinced you people all think it, I'm not an idiot. I saw you crying, you can't just play it off and tell me it's just the rain running down your cheeks.

Now, come on. Get in here before you get soaked, dummy.

I'm not gonna argue with you. Get in.

Come on, take my hand.

(He pulls the listener inside and closes the door)

There. Better, right? Being in the cold rain isn't gonna help anything now is it? What are you even doing out there? Trying to get yourself sick?

Mm.. Here. Just.. don't move, you're dripping water all over the floor.

I'm gonna grab you a towel, be right back.

....

Here.

... Oh cool it, would you? It's not a big deal... Lemme just dry you off. Stand still.

Hey.. Shush. I'm not gonna take no for an answer right now.

Like I said earlier, boss needs you for a job. So.. I'm gonna make sure you're fit to take it.

And that means, being mentally fit, right? You're not gonna be able to do anything in this sorry state now are you?

Yeah.. That's what I thought.

There, you're dry. .. Enough.

Why don't you put on some dry clothes? I'll leave.

... Heh. No, I don't mean I'll leave for good. I'll leave the room so you can change, but I'll come back, dummy.

Alright. I'll be right outside the door, 'kay? But hurry up. Don't wanna wait around all night for you.

(He leaves)

(Muffled) You good? Can I come back in?

Alright.

(Comes back in, and closes the door behind him)

So, you gonna tell me what's up? Why're you out there crying all by yourself?

Ah. I see. So that's how it is, eh? Well, why don't we take a seat on the bed for a bit.

Here. Sit.

(Soft sigh)

You know, when I joined the league, I never planned on telling anyone anything about me.. Or my past.

But, I just want you to know, that you're not alone alright? Life throws tons of horrible things at us. Sometimes it feels like it's too much, you know?

But hey. Look at me.

(Softer tone) Look at me.

(Soft, sincere) You're tough. And you're not gonna let things like that win. You're gonna cry, you're gonna scream and yell until all that pain that builds up in your chest is gone.

And then, you're gonna get back up and dust yourself off. You're gonna keep on fighting for what you want.

.. Hey now. Don't say such hopeless things.

You have a purpose here. You have a reason to smile, right? **(soft chuckle)** So, smile for me.

Come on. Lemme see it.

Hah.. Even a little one.

There you go. Wasn't so hard was it?

I wanna see that more. Your smile.

(soft sigh) Look. I know things haven't been fair for any of us.. In the League. But hey.. As much as I hate to admit it, we.. have each other.

So.. You're not alone. Don't let yourself sink so much... Look around you. Take in your surroundings and just.. Breathe. In and out.. Slow.

Don't let your mind wander too much about what if's or.. Things that might not even happen. Focus on the moment.

Focus on the way your heart beats in your chest. Focus on your breathing. Keep it nice and slow...

Hey.. Shhhh. Don't talk too much, alright? Just.. Listen to my voice.

You don't have to talk.. Just focus on me. My voice.

Good... Now. Lay back for me on the bed.

(Shuffling)

There you go. How's that? You comfy yet? You're in nice warm, dry clothes.. In your soft bed.

Mmn.. Good.

Keep on breathing.. In and out. Nice and slow.

I want you to try and get a nice, full breath of air in through your nose.

In...

There you go. Now.. Let it out, slow.. Through your nose.

There you go, you're a natural.

Mmm.. Close your eyes, alright?

Hah.. Don't worry so much.

.. What? You don't trust me or something? I'm here to help you.

I could be doing a million other things right now, but I'm here. By your side.. Aren't I.

Yeah.. That's what I thought. Now.. Eyes.. closed.

Perfect.

Now, what you're not gonna do is let your mind start to race. Instead, you're gonna listen to my voice, and focus on that. Focus on how the blankets feel under your hands..

How your tired body just sinks right into the mattress.

Mm.. How's that feel?

You're doing perfect.

... Huh? Why are you thanking me? You're the one overcoming this. I'm just reminding you to breathe.. To keep yourself grounded.

No... it's nothing.

I.. I just wanna make sure you're not a useless asset to our League, you know?

(soft chuckle) .. Guess you know that's not true.

... Maybe.. Just maybe you mean something to me. But we're not gonna talk about that right now.. That's for another time.

Right now, I want you to try and get some sleep. How's that sound?

Shigaraki? Hah.. Don't even worry about him. We'll get whatever job he wants done tomorrow. For now, you need to focus on getting yourself back in the right mindset.

Mm.. I'll stay here with you. Until you drift off to sleep.. I'll be right here.

So do your best.. Let yourself slip away. Keep that breathing nice and slow... Deep.. In and out.

Good..

Listen to the rain... The way it slides down the glass door. Keep focusing on that... Relaxing, isn't it.

Mmm..

(Soft, gentle exhale)

At this rate, I'm gonna end up dozing off with you.

(Chuckle) Here, move over would you? If you're gonna use up all my time tonight, at least lemme lay down.

Mmn...

Wow. Your bed's pretty soft. I might just swap my mattress for yours when you're not looking.

Hah, cool it. Just joking. You can keep your bed.

Mm..

(Soft sigh through nose)

(His voice sounds sleepy from now on out) You feeling better now?

Good.. Again, it's.. Important or whatever to be in the right mindset before tackling other things.

I don't.. Like seeing you in pain. Makes me feel.. Something.

Ah..? Don't go getting any weird ideas now.

Now, shush already.

You'll never fall asleep if you keep on talking.

....

Mmm.. I admire you, you know?

Yeah.. I do. You don't have to believe me, but you really are somethin' else.

Strong. Powerful... You can do anything you set your mind on.

I get it.. It's a cliché thing to say, but I mean it. I don't say anything that I don't mean, and you know that by now.

Just.. don't let your mind trick you into thinking such terrible things about yourself. Got it?

You better.

(Silence for a while)

I'm.. exhausted. Mind if I bunk with you tonight?

Hah.. Good. You'd probably have a hard time carrying me to my room anyways so.. Good choice.

Mm... Hey. Before I fall asleep.. Look at me.

Promise me, you won't doubt yourself. You're too good for that. I don't know if anyone's ever told you that but...

You're... Worth so much.

So.. Remember that whenever your mind turns on you.

Now, enough with the mushy stuff... Get some sleep.

Mmnn..

Night.

(Soft breathing for a while, audio fades)