

The poem is about a man named J. Alfred Prufrock who is struggling with feelings of insecurity and uncertainty. Overall, the poem is an intimate look at the inner turmoil of a shy, insecure man who is crippled by self-consciousness. He imagines going to a social gathering, but worries intensely about how he will be perceived. The poem conveys his sense of listlessness and aimlessness – he's stuck in his own head, unable to take action or risk putting himself out there. Prufrock feels trapped and paralyzed by his own anxieties. It captures the pain of feeling like an outsider, unsure of one's own value.