**Phoenix**

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From a very young age, we begin to experience some of the things that we always want to avoid: conflicts.

That's why I think we need to learn from the Phoenix, because it can actually come from the bottom of its life, and then be a whole new version of itself.

During my life, fortunately, I haven’t had many conflicts, but the ones that I’ve had during the years, have taught me how to overcome them. We are always watching conflicts, even if it’s a mother yelling at her son because she refuses to buy him an ice cream, our parents fighting because someone forgot to pay a bill, or even at school when we get mad at a classmate that forgot to do his or her part of the project.

Personally speaking, from all the times that I’ve had conflicts during my life, these are always related to my parents. In 2015, when I was around 7 or 8 years old, my dad was really distant from my family, and I barely used to see him during the day; I was used to that because he’s a taxi driver, but there were days when I had 2 days in a row without seeing him, this situation started lots of arguments between my parents.

My dad’s behavior started to be like that because he was cheating on my mom. At that time when my mom told me this, I couldn’t really understand it, but my mom obviously did; he even used to leave my mom with no money to buy us clothes or shoes, those were extremely difficult times. Fortunately, they found a way to solve this and I did too.

Back then I used to be extremely worried about this, but eventually my parents started to sort things out and be just fine again. And now, I think I solved all these conflicts, like, inside of me with my dad, because I learned to forgive.

In my opinion forgiveness is one of the main things that we all have to learn, because it’s really difficult to have any kind of relationship if you don’t learn how to forgive, and communication is just as important as forgiveness.

After that, some years passed and I stopped having conflicts in my life, but when I entered my teenage years, that changed, because my way of thinking also changed.

When I was about 13 or 14 years old I started thinking about my religion, the way I dressed, etc; and because of these changes, my parents and I became distant, because they didn’t like ‘’the new me’’ and the new way that I started to express myself.

I really wanted to leave my house sometimes, because they just didn’t understand me at all; until one day I decided to tell them everything I was thinking about my life and how I wanted it to be, after that, they weren’t extremely happy, nevertheless our relationship grew in confidence and love. And the most surprising thing is that the only thing that I had to do was talk to them with love and sincerity.

Sometimes we’re afraid of what other people might think about us, because each person is completely different, and most importantly, in my case, it’s my parents; and I really do think that in some occasions we just have to be brave enough to talk, because, being honest, sometimes we don’t want to talk about our conflicts, and if we don’t communicate our thoughts, perhaps, conflicts will never be able to overcome.

When I told everything to my parents, they weren’t exactly the happiest people on earth, but at least, I was completely honest with them. We opened our hearts to each other and that talk was enough to increase our love for each other.

We never know which kind of conflicts we are going to have to overcome and solve, but in the end, I think every kind of conflict can be solved with love, sincerity and communication; because learning from the Phoenix, we can always reborn from our ‘’ashes’’ into a totally better person recognizing all our mistakes, finding a creative and constructive way to overcome our conflicts.