FEARS

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*645 Words*

Conflicts are some problems and issues we face as we grow up, we can’t avoid them, as this is a big part of the experiences in life. But no matter how hard and scary it is to face; you must find a way to overcome it. Even though solving them is not that easy, you must think of a way to get rid of them. From these experiences, you can learn a lot from it. It still has a positive effect on life. It is not fully a negative effect, but you can learn a lot from it. Solving it is a goal you must achieve. These conflicts may be on academics, issues family, or problems with people around you. Experiencing problems is found to be scary, a cause of stress, something to worry about, and something that can make you feel uncomfortable. But when you do face a conflict, staying calm regardless of how high the intensity of the problem is, something you must do, and since conflict is a natural part of our life, you must accept it.

I mostly face problems from people that surround me or academics. My academic achievements are one of my top priorities. The validation I get from people around me, and my social status is on the line when I think about it. Going much lower is something I cannot imagine and something I am watching out for. The downfall of my reputation in academics is something I am afraid of. I try my best not to get into that situation. I thought it was what kept me and my friends together. I tried my hardest to get high grades, but sometimes I cannot get it. Though I did my best. I just don’t do as well. When it comes to tasks that requires solving, it is one of my weaknesses as a student. Specifically graded recitations, quiz bee’s, etc. My mind always blacked out every time I get the chance to solve something, I mostly get nervous and feel sad. When it comes to recitation, I don’t raise my hand to answer if I am not extremely sure about my answer. I worry about how people will react if I get the answer wrong. While in group reports or presentations. I mostly do the presentations and reporting. I always leave the research to the other members. As it is not my thing.

One of my conflicts is socializing as well, socializing and my relationship with people around me is not my thing. I have a lot of trouble talking to people I am not that close to, because I’m afraid what will they think about me if I say a word. Even if I find a person I really would like to talk to, I could not even try to speak a word to them. I meet my friends when they are the first to approach me. I am afraid of how they will think of me as their first impression, and how awkward I speak to someone I just met.

But one thing I always remind to myself is that don’t give up easily in life. You must find a solution. You always learn from a conflict, and you overcome it! You may ask for advice from elders who have had past experiences similar to yours. Try to apply them if they work. You may also try to create one yourself. If it is mostly about fear, being selfish and ignoring what scares you can work. Improvement is slow, but soon you will reach your goal. Thinking positively about your problems can boost your courage and keep you confident as a human. Fear is something you should overcome, and it should not be ignored. The fear of conflict will always be there, but you must always find a way on how you should face it.