**Conflicts in a Teenager’s Life**

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*618 words*

As a student, I can say that I have been through a lot too. I have overcome a lot of conflicts in life at a very young age. In terms of academics, friends, mental health, etc. First, in academics. There we have the pressure and the academic validation that students have always wanted. I have always been putting effort into my academics but still ended up failing my expectations. That’s when I decided to stop expecting too much. If that’s the only grade I can reach, then it is okay as long as I’m not failing. Mostly, elders will ask, “Is that all that you can do?” But these days, I choose to ignore those words. I’m doing it for myself and not for them anyway. I know I can do well, and I will keep doing my best. I just realized that expecting too much may ruin your expectations more.

 Next, friends. They say friends are our second family. They are sometimes called, “our family by heart”. I once had a friend group of mine that I met online way back pandemic that became my happiness during those boring days. They became my inspiration to wake up because our hobby was to play a game every morning. But like what they say, “People come and go, not everyone stays”. I was hurt when that friend group fell apart. I may not know them fully, but I know that they are the type of people that you can trust and rely on. It wasn’t easy to trust new people but some of them proved that they can be trusted. Sadly, those online friends that I had have their own lives now but I’m glad that I can still talk to some of them.

Lastly, as a teenager, here we have mental health issues. Mental Health has always been one of the most talked about issues in our society. Here we have the depression and anxiety that most of the time students have been experiencing. There are a lot of cases in our country about suicidal things. As a student who overcame anxiety, I can say that I did well. In our generation, teenagers are most likely to feel depressed and give up their lives easily because of their problems. I am a student who experienced peer pressure and having thoughts I cannot control like having the thought of people disliking me for anything I do, seeing or imagining things that aren’t true, having sudden breakdowns without knowing the reason, fear of socializing or talking to other people, etc. It wasn’t that easy for me to help myself without any professional help, one day, I just decided to have the courage to finally heal myself. My coping mechanisms since then have been reading, bonding with friends, and treating myself. Surrounding yourself with only the best people also helped me to heal.

There are a lot of conflicts in life that I have experienced and maybe will still encounter a lot in the future. We cannot prevent those conflicts in life because we cannot predict our future but for me, it will always be better to be prepared. I am glad that I had overcome those hard points in life at a very young age. I am also glad that I can help my friends and family in any conflicts they are having in any way I can. These are only some conflicts that I have experienced. I believe that we have a lot of conflicts in life that we don’t want to remember. But for me, those conflicts are the ones who made me who I am today, and at some point, I am glad that I experienced them.