**High Expectations**

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**464 words**

I guess my parents expected too much from me. It's one of the factors why I stress too much from school, trauma, messy sleep schedule, don't have time to prioritize other stuff rather than studies. I have never been the brightest student in school, yet my parents had high expectations for me. This expectation sometimes felt like I had been carrying a heavy bag of weights around me every day. My mother would yell at me saying, “Why’s your score low? Are you not studying well?". Sometimes I push myself way too hard and not get the results I wanted to make my parents proud.

How do I overcome this conflict: I give myself a break, with a fear of failure I always aspire to get high scores on every quiz and everything, I try to do my best to review and study every material that teachers provide. I always try to be consistent with keeping up because I don't want to fall back and disappoint my parents. I had to put my other priorities down just to focus with my studies. I've been studying and pulling an all nighter. sometimes I'm too busy to eat and ending up starving myself, Although I still eat but not that much. How did I go back from my old self? Where I'm all stable? And I'm able to over come my conflicts? I remember that one night, I told my upper friend named Ate Jea that I was stressing out with my studies. She told me that even though I fail, It's okay. At least I tried my best. And how she said that she's proud of me with every achievement I receive. Those words I never heard from my parents’ mouth. I appreciated and will remember those words Ate Jea told me. It motivates me.

*Music is also one of the reasons how I can overcome my conflicts, music is like therapy, it gives me comfort.*

Hanging out with my friends, like going on walks, cooking together, laughing together, and going out. The way they give me comfort and they help me forget my problems. Having my own time, it's important for me to have my own time and I find comfort being all alone, the peace and comfort it gives, the silence I need to concentrate. They're very helpful, although no matter how hard I try, I keep on going back to the hellhole which is my conflicts with disappointment and expectations. I know someday I'll get over those conflicts, it just takes time and I know I can survive and be successful anytime soon. The time will come, we just must go through every battle and be stronger. I must stay positive because I know at the end it will be worth it.