**Conflicts That Made Me Better**

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Honestly, I haven’t had experienced any major or extreme conflicts and I am grateful for that. However, I have experienced minor ones that I believe made me the person I am today, the better version of myself.

One conflict that I have experienced revolves around me being an introvert and having an inferiority complex. This made me feel I can’t do anything right. I feel like I can never be a better person, I will always be a shadow. Though I haven’t overcome it fully, I don’t feel like that as much anymore. I try not to dwell on my mistakes and avoid putting myself down, instead I try to focus more on the positive things I can do.

Another conflict I encountered has to do with a friend of mine. I had a friend, who I thought was my friend, but eventually I learned she wasn’t. When we first started to get to know each other, I thought we would get along well. Soon she began to rant most of the time about her family, friends and herself. As a friend, I try my best to comfort her and give advice. But sometimes it gets exhausting, being someone receiving all the negativity in her life. Many times, while walking and talking she would go and talk to her other friends and leave me behind. It felt like I only exist when she needs me. The kind of friendship we have turned out to be something I do not like and somehow it made me sad. What I did was I started to socialize with my other classmates and in the process, I found people who I now call friends. My newfound friends understand, accept and appreciate me for who I am. I am happier now with them, but of course I still consider that “friend” to still be my friend, but it is just that we are not so close as we used to be.

Lastly, I also experienced conflicts related to my studies. I was a bit overwhelmed with how many assignments, performance tasks and notes to write and answer. Adding to the pressure was the fact that I am in the Special Program in Foreign Language. At times, I also feel a little pressured. At other times, I also needed to make a video of myself for the performance task. Additionally, there was the constant pressure and anticipation to maintain my grades. Over time, I got used to the amount of homework I needed to do every day. Because of this, I was able to train myself to manage my time well and avoid procrastinating in finishing my tasks. There were also times when I felt tired both mentally and physically. Eventually, I learned not to stress myself out and do things at my own pace. I try my best to understand the lessons and make sure I do all my tasks and submit on time.

Overall, despite experiencing these challenges I can say that they served as lessons in life. They make me more capable and more adaptable to the changes around me. There are things that we cannot change, no matter what we do, but we can take all this as lessons to help us grow and move forward.