Life's Obstacles

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Conflicts and problems are part of our life. Everyone faces them at some point or another. It could be academic struggles, family issues, peer pressure, financial struggles, love, and so on. Overcoming these challenges isn't just like a walk in the park. It's especially tough when you're feeling lost, confused, and when you’re out of words to express your feelings. The process of sorting out a problem can be so confusing. Emotions and words can affect not only ourselves but also those around us. Just thinking about our problems can leave us speechless and drained. We often worry about the consequences of our actions, which can lead to stress, anxiety, and agitation. Sometimes, we tend to assume the worst, even when it's not likely to happen. It’s hard to prevent not overthinking. These thoughts can become marked inside of our minds over time, shaping our mindset. I remember a time when I believed my friends didn't like me. Every little thing seemed to confirm my suspicions, making me feel like an outsider among them. Despite having a close bond with them, I felt afraid and scared to confront them about it, fearing that they would abandon me.

As time passed, one of my closest friends started to drift away, leaving me feeling abandoned and unsure of what I had done wrong. I was hesitant to confront him, fearing that it would only push him further away. The silence between us became more and more louder, and I felt like I was losing my motivation for everything. As the days went by, I found myself stuck in this never-ending loop and a cycle of school, eat, sleep, repeat. It felt like I was just going through the motions, with no real purpose or direction. It was like trying to have a deep conversation with a brick wall – pointless and frustrating Nights were the worst. I'd lie awake, staring at the ceiling, replaying all my problems in my head like a broken record. It felt like I was drowning in a sea of my own thoughts, with no lifeguard in sight. I tried to reach out to my friends for support, but they always seemed too busy to listen. It felt like I was invisible to them, like my problems didn't matter. Writing became my only outlet, a way to express the pain and confusion that I couldn't put into words. I didn’t want to share my feelings and thoughts, so I just wrote it all down.

Despite everything, I knew I couldn't give up. I had to find a way to face my problems head-on, for the sake of my own well-being and the people I cared about. It wasn't easy, but I knew it was necessary for my own growth and happiness. In the end, I realized that it's okay to ask for help and lean on others for support. It's okay to admit that you're struggling and need a shoulder to lean on. Life is full of ups and downs, but it's how we deal with them that defines us. And while it may not always be easy, facing our problems with courage is the only way forward.