**“Me, Myself, against I”**

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**621 words**

**One of the most common conflicts I have is with myself. It’s almost as if I am my own enemy. I find it difficult to overcome them, but no matter how hard it may be, I know I will always find solutions to them if I try my best. For me, conflicts are both good and bad, the good part is that you can reflect on them and have your experiences where you can learn what to do and what not to do, while the bad part, of course, is it’s a struggle to overcome, at least for me.**

**I have had the same problem for the past years that I still struggle with until this day. This certain problem is how I struggle to manage my stress, negative emotions, and negative thoughts. I am a person who is easily frustrated. When under stress, my mind already starts going into chaos and my thoughts go all over the place. Frustration leads me into crying which is one of the things about it that I dislike the most. I have cried in class multiple times, and it gives me loads of negative thoughts about how I look from other people’s perspective. I keep thinking that I look like I am being overreacting, overdramatic, sensitive, or that I’m making a big deal over something small to my classmates because of this.**

**Since I struggle with managing my stress and emotions, I easily show it to people without thinking, and I have problems controlling them. Of course, it makes me feel embarrassed after, and I start thinking that it makes me look stupid. I have a big fear of people around me thinking I’m being overdramatic when this happens, which makes me feel worse.**

**Ever since I was a child, I felt I had to do everything right. This made me pressure myself into becoming the “best” and when I fail to meet my own expectations, it terribly destroys me. Failure is something I really fear and something that I do not want at all. When I’m under too much pressure, I start to get negative and think I should just give up. I have thoughts where I think anything I do is not good enough. I always let my negative emotions control me without thinking, it’s like it became natural to me.**

**But, of course, no matter how hard these problems are for me, I learned how to cope and overcome them. Talking to my loved ones helps me feel a lot better and helps me refresh my mind. My friends and family are my greatest sources of happiness, without them, I would be struggling so much by now. I’m very grateful to have such wonderful friends who help me feel happy.**

**An Important thing about overcoming my conflicts is thinking positively. I have mentioned about myself being very negative towards myself, so I try my best to change the negativity into positivity.**

**I realized that I’ve been cruel to my own self, so I want to be more positive and try to manage my thoughts and emotions better. Of course, it’s important to acknowledge that I still go through this, but what’s more important is that I’m improving. Even if the improvement is slow, I’m still getting better. My goal is to completely eliminate this problem that’s been affecting me every day to help ease my mind and myself in general.**

**In conclusion, whenever you feel like you are at your worst, don’t let it stop you. Don’t let negativity take over you. Realize that these conflicts build you to be a better person and that they are an important part of your life. Do not give up, be the better you.**