Fear in Conflict

Julian Matthew C. Mercado, 14

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Conflicts are some issues and problems we face as we grow up, we cannot avoid them, as this is one big part of the experiences in life. But no matter how hard and scary it is to face; you must find a way to overcome it. Even though solving them is not easy, you must think of a way to get rid of them. From these experiences, you can learn a lot. It still has a positive effect on life. It is not fully a negative effect; you can learn a lot from it. Though solving it is a goal you must achieve. These conflicts can lean on academics, family issues, or problems with people or things around you. Experiencing problems or conflicts is found to be scary, a cause of stress, something to worry about, and something that can make you feel uneasy. But when you do face a conflict, staying calm regardless of how high the intensity of the problem is something you must do, and since conflict is natural, you must accept it as it is.

I mostly face problems from people that surround me or academics. My academic achievements are one of my top priorities. The validation I get from people around me, and my social status is on the line when I think about it. Going much lower is something I cannot imagine and something I am watching out for. The downfall of my reputation in academics is something I am really afraid of. I try my best not to get into that situation. I thought it was what kept me and my friends together. I try my hardest to reach those high numbers, but sometimes I cannot get on top of my game. Though I do try. I just don’t do as well. When it comes to tasks that require speaking, it is my weakness as a student. Specifically, recitations, reports, or performances. My voice always starts to shake, I mostly stutter and forget all the words. When it comes to recitation, I don’t raise my hand to answer if I am not extremely sure about my answer. I worry about how people will react if I get an answer wrong. While in group reports or presentations. I mostly do the research and findings of data and information. I leave the reporting to other members. As it is not something I excel at.

Socializing and my relationship with people around me is not one of my strengths. I have a lot of trouble talking to people I am not that close to. Even if I find a person I really would like to talk to, I could not even try to speak a word to them. I meet my friends when they are the first to approach me. I am afraid of how they will think of me as their first impression, and how awkward I speak to someone I just met.

But one thing I always remind myself is not to give up easily. If you find a solution, it makes a big difference. You learn from the conflict, and you overcome it! You may ask for advice from elders who have had past experiences similar to yours. Try to apply them if they work. You may also try to create one yourself. If it is mostly about fear, being courageous and ignoring what scares you can work. Improvement is slow, but soon you will reach your goal. Thinking positively about your problems can boost your courage and keep you confident as a person. Fear is something you should overcome, and it should not be ignored. The fear of conflict will always be there, but you must always find a way on how you should face it.