

THE POWERFUL TOOL FOR PERSONAL GROWTH: INNER CONFLICT

I am a high school student. This is my third year in high school. I deal with conflict situations almost every day. However, the most significant and challenging conflict I am now trying to resolve is the conflict of my priorities.

The period of growing up is one of the most important and, at the same time, one of the most complex processes.

It is like breaking yourself into hundreds of small pieces and re-creating a highly functional puzzle that fits into the picture of modern society and the world.

You must also meet the expectations of your parents and yourself at the same time. Sometimes, it seems that everything is piling on you from all sides, and you do not know where to start to deal with it.

And thoughts from all sides begin to attack you, along with fatigue and sometimes exhaustion, which generate conflict in your head: "Did I do enough?" "Did I really try my best?" "Maybe I should do like that and not like that?" "What if..." "How can I get better results this time?".

I am studying hard and getting ready for my university entrance exams. That is extremely important for me because it determines my future profession. And my personal battle of priorities started here. Typically, 16-year-old young people have fun, go to the theatre or cinema, spend fun time with friends, and travel. So do my friends. But not me, and not now. In fact, they are not studying as hard as I am, and they are happy as clams. I have a lot on my plate every single day, and I try to keep my eyes on the prize no matter what. That is why we are like chalk and cheese. I study on weekdays, weekends, and any minute of my free time. I have a Blursday (phenomenon of days running together) period now. And it is extremely hard. To be brutally honest, I am ready to sacrifice my high school years for my university goals. My current focus is my future. Sure thing that they don't understand me.

This is where the conflict between me and my friends arises: a conflict of interests, values, and future priorities. We disagree on that point.

One time, when my friend asked me to go out, and I said that I needed to study, we had a conflict. She told me, "Zeren, you need to reload your brain sometimes and squeeze in a little time for fun; otherwise, you will have burnout." After those words, we discussed everything and put all the dots over the letters "i."

I understood that she was partly right, but at the same time, we agreed to disagree. It is more than OK not to be on the same page sometimes with your friends, especially when you have different priorities in life at the moment.

My experience of overcoming conflict taught me very important things: inner conflict is a great instrument for personal improvement. It helped me to know myself better and build a harmonious bridge inside. Some disagreements and small battles with your friends or close people are eye factors that allow you to upgrade your outlook and set your limits even through discomfort. It provides us the chance to represent ourselves out in the world. I wholeheartedly believe that my inner conflict is the driving force that will help me break my limits and grow.