

## Unraveling the knot: A journey of self discovery

It was a winter evening when I sat alone on the balcony, enjoying the beauty of the surrounding. Suddenly the peaceful environment compared sharply with the turmoil raging within me. I was occupied by many unanswered questions and an internal conflict that had haunted me for years, which was pulling me back from living a peaceful life.

The battle rooted from my deep-seated fear of failure which was the driver of my internal conflict. Fear of rejection, judgement which was holding me back from pursuing my passion and realizing my potential. Being a student, I often felt a tug of war inside me. On one side I wanted to do well in school and make everyone proud. But on the other side, I doubted myself a lot and worried about failing in every step I walk in. I was grown up in the culture where people used to say good marks are synonymous with success and happiness. While I valued education and aspired to achieve, the weight of expectation often left me feeling anxious. Every grade which was less than perfect felt like a personal failure, which was fueling my self-doubt and crushing my confidence.

I remembered an incident where our school organized an intraschool singing competition. I was very interested to sing and show my talent. But there were two suggestions coming from my heart and my brain. My brain was saying not to participate. My brain started to imagine tomatoes and empty cans thrown while performing and friends teasing me because of my voice where my heart was saying to you should not be scared with all this do what you want. I was making a huge issue which was not as much big as I was making it. At last I chose not to take part and was trying to convince my heart saying anything that happens happens for a reason.

My mind was playing tic tac toe with me where I was losing it not one not two but many times. I started feeling it was not me being me I was feeling like someone was there to control me which led me towards overthinking and overreacting in minor issues. I was fighting with myself. Small problems seem big to me. Slowly this colorful world was turning into a black and white in my eyes.

Suddenly a power of being me was blown. I started thinking why I am always pointing out my problems. Am I not capable of solving it? I asked myself. This time my inner voice said u will be able to find your true identity slowly but surely. I made some commitment which I promised me to follow strictly. Overcomming my internal doubts was not a linear process. There were moments of self doubt and setbacks along the way. However, each challenge became opportunity for growth and self discovery. I learned to kinder myself, to embrace imperfections and to celebrate even small progress.

As I reflect on my journey, I recognize that internal conflicts ar not obstacles but a catalyts we studied in chemisty for personal growth. They tries to push u out of your comfort zone. By handling these conflicts by alining brain and heart, u can truly unlock your potential. I realized that these help me in building my resilience, increased my self awareness, improving emotional intelligence.

Today, as I builded up myself with new thoughts, I can carry my lessons learned from overcomming internal conflicts. The journey of self discovery is ongoing, but I am no longer afraid of the twists and turns ahead- I am ready to unravel the knots and embrace the unknown with open arm.

Arpana Paudel

Age:16

Word count:597