

August 27, 2014

Recently, life has been really difficult. Despite having attended school for only two weeks so far, junior year workload has been tough; and what's worse is that "high school drama" has already begun, and I'm right in the middle of it.

Being so involved has been dragging my self-esteem down. I barely have any confidence in myself, and I feel as though everything is my fault. My heart is hurting so, so much, and my head is constantly spinning with questions. Why am I waiting for a prince to come and sweep me off my feet? What is the point of hope when it just tears you down? What is the difference between contentment and happiness? And when will I ever reach contentment? With the deluge of negative emotions rushing at me every day, all I ever want to do is cry my eyes out day and night.

However, fortunately for me, I have the best group of friends, and I cannot be more thankful for them than I am right now. In the span of the past few days, I have been constantly complaining to them about how heartbroken I've been and they've patiently listened to me. Despite my moaning and groaning, they have been so supportive of me and have encouraged me so much in these past few days.

Today was especially challenging for me as I realized that he seriously took advantage of me. My friends, knowing what was best for me, took me down to the bathroom where I was allowed to cry freely. Because of them, I now know that I can overcome this obstacle and I'm actually worthy of value. Because of them, I now understand that if someone doesn't love me for my individuality, I shouldn't stick around and let him hurt me more. I should be valuing my own opinion over what others think of me, and I should be the one picking out what to change in myself.

I'm so grateful to have such a tight-knit group of friends that see the value in me, a group of friends that are willing to help carry my load of burdens. If I did not have the proper friends, I wouldn't be where I am today in life, and I wouldn't be able to appreciate and acknowledge my own significance. This experience has shown me that it is essential to find the right group of friends to hang around.