

## **Progress and Regress**

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My weakness last year was that  
My friends' opinions on things affected mine.  
It was this strange form of peer pressure  
Where instead of me doing what they did,  
I saw what they saw.

I trusted in them so much,  
I even trusted them to guide my thoughts.  
This made me see things through a dark lense  
-A new perspective-  
Each comment they made rang in my ears  
Like a reminder that it would never end  
That it would always be dark.

I stopped letting their voices control me  
And decided to think about things in my own way.  
I could think so clearly in that silence  
With their words blocked and ignored.

But a new challenge arose  
-Procrastination-  
I was so tired from everything that I had done  
That I would put off doing assignments till the last moment  
Because I didn't feel like doing it.  
And this is still the case,  
My only hope is to have enough rest to be ready for the next year.

Through the year I think I specifically improved one of my strengths,

Resilience.

No matter the dark thoughts that cluttered my sight

I always managed to see an opening through which I could escape.

And even during times when we all sat together,

exhausted and stressed.

I would try to make us laugh it off

and remind ourselves that we were so close to the end

And this strength helped me reach that ending.