

Stronger Than My Fears

Hello, I am here to talk about some fears I have experienced in my life. I am ten years old and when I was 2 and half years old, I was diagnosed with Chronic Pancreatitis. Because of this medical condition I worry a lot about my body. when I get a stomachache or another stomach pain, I don't get treated like most kids would. Because of my sickness I am tested a lot to make sure I am healthy. I get tested often, usually by blood that includes poking a needle into my skin.

Growing up, I faced a lot of needles, and I have never been good with them so one of my biggest fears are needles. It's hard to believe but one of my tests, which I have once a year, requires taking about 18 tubes of blood from me. It was scary in the beginning. Even though I'm still scared of needles, I try my best to be brave. Every time I face one of those needles, I know deep down that I will always fear them. But each time is less scary than the last. I also understand that they are doing it for my health.

One way I face this test is by sometimes talking to the nurse taking my blood, also by holding my parent's hand, in addition to watching the nurse put the needle into my skin which might sound weird for someone who is terrified of needles and blood draws, but for me, it helps me feel more in control.

Although fears can sometimes make my life difficult, others can protect me. Some of my healthy fears keep me safe, like my fear of heights, which stop me jumping from high heights! Another fear that keeps me safe is stranger danger, keeping me from talking to strangers that sometimes might be dangerous. Another fear that keeps me safe is my fear of touching something hot, like a stove or an oven.

On the other hand, some fears don't keep me safe; instead, they hold me back. Some of my unhealthy fears are... death, more severe illnesses, natural disasters, fear of spiders and insects, bacteria, and worst of all what people think. These things keep me from living the life I want to live. Sometimes these fears stop me from sleeping comfortably, enjoying nature, and being myself. These things are never going to get out of the way themselves, so don't let your fears get to you.

Something I've learned in the past year is that fears are a big part of growing up, and growing up can sometimes be scary, trust me. Don't let your fears take over, no matter how logical they are, DON'T let the unnecessary fears in your life. Don't let your fears keep you from trying, from living, and from being yourself!

Fears can be a powerful weapon, but also a powerful pain. But in the end, you are always stronger than your fears.