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Ms. Laura/ Mr. Carlos

English Period 5

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Being Strong Is In You

I never thought I could handle having a terrifying car accident and my brother and friend passing away, but you never know what you can handle until you go through it. I believe we don't know how strong we are until being strong is the only choice we have. In order to realize how strong you are emotionally and mentally you have to go through something painful. I have been through a hurtful experience; It affected me mentally, I would start to think about it and picture the accident. I'm a girl! I wouldn't expect for me to even be apart of a terrifying car accident. I've always been kind and caring, I didn't think I was strong. I never faced a moment like that, when I had to so stay strong. I never knew I had it in me.

Knowing I wasn't going to see my brother again after that day of the accident made me feel weak, powerless, and hopeless. There were times I couldn't sleep, I would fight it. I would wake up early, like at 7 a.m, and get ready for no reason. I knew I needed to move on, and I was actually always waiting for that moment to come. When I was by myself I would cry. When my family was around, I would hold everything in. When people would ask me, "How are you?" I would answer positive, but deep inside, I was hurting. Trust me, it's a hard situation, and I don't wish it upon anyone. Things started to get better when I had the support from my mom constantly repeating that I

needed to get up and live life as usual. I started to feel more involved in life again. I let YouthBuild know what was happening, and they welcomed me back, saying I could come back whenever I was ready. I called into my job, too, to see if I could start working again. I got both of those things going, and those made me feel more powerful because I had the ability to stand up for myself again.

I have learned so much from this experience. I learned to not give up, to stay strong and to value life. I felt support from my family. They made me realize not to feel guilty or bad. I feel like God chose me to go through this because he knew I was capable of handling the accident, which I would never in a million years think I could do. It's important for me to know this because if I face a really tough battle again I will be able to overcome it with no harm.

Remember, you're not the only one going through bad stuff. A lot of people are holding on to so many other things that makes them strong, too. I used to think my life was perfect, that nothing could ever happen to me because I'm kind and positive, but you just never know. So, we need to be prepared for whatever comes our way. I wasn't ready for what came my way. It all happened so quickly. I can't just forget what happened and move on, but I have realized that life goes on. In order to learn how to live with the pain and memory, I need to remain strong. I've learned that you may not think you're strong enough, but when being strong is the only choice you have, you'll realize how strong you really are.

Kim,

I am so proud of you for taking the chance and choosing to write about such a difficult topic. It's incredibly brave of you -- you're a really strong girl! You stated your belief clearly -- really nice job with that. Here are my two pieces of advice :)

1. Organization -- Right now, the essay is a bit unorganized. I think you want to have more organization. Look at the notesheet we made together that outlined your essay! I believe this was the suggestion:
 - a. Intro -- state your belief
 - b. 1 Paragraph -- tell the story of what happened
 - c. 1 paragraph -- tell the story of what happened AFTER (the hard part, where you thought you were weak and it was hopeless)
 - d. 1 paragraph -- when and how you found strength and hope
 - e. 1 paragraph -- reflection -- what did you learn? How did you grow?
 - f. 1 paragraph -- conclusion
2. Next suggestion, is to remember to share details. Your story is missing from the narrative... there is a lot of information about how you felt, but little information about what actually happened. In order for your audience to understand what you believe, we have to know your story. Share it -- I think it will feel good to get off your chest.

Much love, girl. You rock :)

Keep it up,

Ms Laura