

That One Feeling

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You'll be in bed at night. This thought comes and goes. You are in a sky, full of sheep jumping around, and clouds made from cotton candy. You'll be having a great time, when this feeling punches you in the gut. It's like one of those clown toys that pop up at random times while playing a creepy sound. Instead of playing creepy sounds it plays back that one thing you did years ago. That one embarrassing thing you did, that you'll never forget. You stare at the feeling, but all you can do is run.

It feels like you're in a maze, while the feeling's running after you. You can't stop running, but eventually you have to, because now you're on the edge. The feelings behind you, about to push you off, but when you turn around there is no feeling, just you, staring at yourself. Because at the end of the day you're the one who puts you on that edge. Just your own thoughts attacking you. And it's up to you if you want to push yourself off that edge. And sometimes you fall down.

Your fall is slow and exhausting. You're falling through clouds of regret and embarrassment. It feels like you've been falling forever, but you eventually hit water. Now you're drowning yourself in your own sorrow. You try to swim up, but you just get pulled further down. You stay in this sad bubble trying to get out, but you can't. You try to distract yourself by thinking of those jumping sheep again, but too no help.

It's getting harder to breathe, and you start panicking. You use all your strength to swim up, but the surface never seems to be of reach. You start getting too tired to swim and slowly sink. Suddenly you start falling quickly. You then feel something soft under you. You breathe heavily and look around. You realize that you're in your bed, so you let out a sigh of relief, just to do it all again the next night.

(This story describes how it is when you're trying to go to bed, but then you think of that one embarrassing thing you did years ago. You start overthinking it and now you can't get it out of your head.)