Finding Your Clay

What is the toughest lesson you've ever had to learn?

This is less of a single lesson and more of a group of lessons that have spanned for a good chunk of my life. Back when I was younger, and even sometimes now, I've struggled to be "socially acceptable". I was very emotion-driven, so it was difficult to form myself in a way that people found to be normal. Often times, people saw me as the weird kid throughout middle school, looking back at that time, that's probably what started deteriorating my mental health. I tried to be more quiet in highschool, fearing that I would be ostracized in the same manner. Fortunately, as I grew older and went on to junior year, I began to understand social norms better, and even more importantly I understood that being "normal" is a balance — it's not a great idea to become completely normal to the point where you're an empty husk, but it's also not nice to be completely deranged and annoying to everyone. The lesson I learned was especially the need to find a community of people to accept you for who you are, so you become what's right for you.

Transcription: Finding Your Clay

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