

## **That One Phase in Life**

They say, “don’t exaggerate”, “it’s just a phase”,  
Yeah, we all go through it, just not in the same way.

While some get out of it like if it’s a short maze,  
Some may get stuck and be frustrated along the way.

The feeling we get of not wanting to FEEL again.  
The pain we endure that leads some to cut their veins,  
Or some to get hit by a train.  
Control is the key to not let that impulse appear again.

“Don’t be lazy”, “You’re so dumb”, “You’re not worth enough” they say,  
Do they really mean it? Do they know the feelings it conveys?  
Let’s be aware and help with teenagers’ feelings,  
No more insecurities, just healings.

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