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She Was Always There For Me.

Being a young teenage girl is beyond difficult. You are at a point in your life where you are still seen as a child but still learning responsibility and decision-making as an adult. You are overcome with raging hormones of anger, frustration, and sadness while not feeling like anyone understands you. Making irrational decisions, saying and doing things without thinking of the consequences of our actions. Even with “guidance,” it is hard to accept the feeling that you need to start being in control of your own life.

Growing up, I never felt I had a relationship with my mom, constantly feeling this division between us, but always looking to her for “comfort.” Being a 13-year-old girl, I wanted to have these teenage experiences, such as going to the mall with my friends, going to the movies, spontaneously having sleepovers, etc. My mom would never let me do these things, especially at 13. As a 13-year-old girl, I would always be so annoyed and confused as to why I couldn’t go with my friends or do anything fun. But my mother insisted she was looking out for me and was only trying to protect me. “Protect me from what?” I’d always ask her; we would then argue for hours angrily back and forth till I was left distraught and felt like my mother never wanted to see me happy. Because my mother never wanted to engage in conversation with me, as it would always lead to an argument, I chose never to desire a real relationship with my mother

other than acknowledging her in the morning and at night. I believed I could only lead myself and that I only had the correct answers to my problems. Little did I know that this would drastically change my life forever.

My first year of high school started, and I still had this mindset of not thinking I needed my mom. I did whatever I could to get away with whatever I could. I began experimenting with my sexuality and soon became pregnant. Weeks passed, knowing I was pregnant. I felt so alone, so scared, wanting to crawl and bury myself in a hole. I denied my thoughts of being pregnant but still felt the guilt every day. I could never enjoy anything I did without the lingering thought in the back of my mind of something growing in me. I cried every night, wishing I could go to my mom to hold me and talk to her about everything. But I knew I couldn't. All of my selfish and irrational actions led me to be alone and pregnant with no one to go to. At least, that's what it felt like. Once schools were shut down due to COVID-19, everyone was forced to be home; it was beyond strenuous trying to hide my growing belly while always being exhausted and still having to attend my virtual classes and stay active with my family. My mom questioned why I was sleeping so much and why I was gaining so much weight. My mom actively poked at me to run with her and exercise because she didn't want to acknowledge I was getting bigger without hurting my feelings. After six months of hiding my petite belly, the day came when my mom found out I was pregnant. This moment felt like an axe hitting a chain. Feeling the weight and heavy anxiety-filled depression of endless guilt, finally broken after leaving, sparks of anger and frustration. I spoke with my mother for hours upon hours of when, where, who, and why. After several days, I felt relieved that the truth was out. Unfortunately, though, I had to accept the consequences of my actions, becoming a mother at 14 years old.

An example of not only myself but another person who had difficulty accepting the underlying meaning as to why their mother was being protective of them was Jasmine.

“Sometimes fear leads to anger and control.”(Greenberg, pg 1) Dr. Barbara Greenberg, a teen mother psychologist, helps Jasmine, another teen mother, understand why her mother doesn’t allow her to do anything unless she is under her supervision. Jasmine had difficulty understanding why her mother was not allowing her to be an adult even after having a child. Dr. Greenberg explains that even though we as mothers are doing everything in our power to keep our children safe, even if they make decisions they can’t take back, we will protect them at all costs, even if that is sacrificing the relationship between mother and daughter. Dr. Greenberg points out the positive aspects of why her mother may care so much about what she is doing and only care that she is safe. Dr. Greenberg commends Jasmine for always staying true to her mother even though it is difficult to understand and follow her rules. She asked Jasmine a series of questions about why her mother may be questioning her and further broadened her understanding of why her mother is being protective.

Even with the truth out, I was crying myself to sleep almost every day. All my mother could bear to do, and what I finally felt was genuine love and attention from her, was a warm embrace. She talked to me, guided me on my next steps, and motivated me by saying that she would love and support me no matter what. She did not allow me to give up even when I wanted to shut down. She took me to my prenatal appointments and helped me gather any and every piece of baby furniture, diapers, and clothes that she possibly could. Even with the life-changing factor of becoming a mother, I finally felt close to my mom. I finally felt like she was there for me, and then I realized how much I truly needed her guidance, knowledge, and love. No matter

your age or what you are going through, mentally, emotionally, or physically. You will always need the love and guidance from your mother.

Work Cited

Greenberg, B. (2016, July 20). *I'm a teen mom with mother problems*. Psychology Today.

<https://www.psychologytoday.com/us/blog/the-teen-doctor/201607/im-teen-mom-jl-mother-problems>