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### **Personal Experience**

Many of us will agree that there are certain things that happen in our lives that change us in one way or another. There are many different life-changing moments that can greatly change your life. Sometimes things happen in our lives and we seem to have no control over them. The changes can be good and sometimes traumatic and impact our life positively or negatively. What we need to understand is that change is part of life that no individual expects to happen.

Everyone's life changes at some point. Life is full of many unexpected challenges that will be thrown in your face at any moment in time. What is important is to learn and grow from the experiences that life throws at you.

Well, an event that happened to me helped me realize the importance of family relationship in handling change. I have experienced such a life-changing moment in my life that has transformed me into a better person. This happened to me the time I wanted to join high school. The event involved me disagreeing with my mother about when I wanted to join high school. After completing my primary school studies, I wanted to ease the pressure of joining high school. I just didn't want to join high school immediately after my primary school. For me I thought that I was no prepared enough for the life in high school. I shared my concerns with my mother about me staying home for a year before joining high school.

I saw the look on the face of my mother and I knew that she was concerned about my decision. Indeed my mother was concerned about me losing a year of schooling. In fact, she argued that at my age I was not fit for a job hence the year would be wasted all for nothing. The reasons for me not joining high school immediately after my primary schooling were fear and anxiety. I was also uncertain of my life in high school. For me, I was not ready for the stage in life where I was expected to take responsibilities of my life decisions and actions. The disagreement made me to cut off communication with my mother. I thought that she was imposing tough measures on me. In fact, I avoided my mother and my extended family as well. I did not give anyone the chance to question me.

But you know a mother will never give up on what she thinks is best for her children. My decision changed one day when I was confronted by my mother. She discussed with me for several hours about the decision I was choosing to stick with. Eventually, I opened up to her but she did not seem to be disappointed with me. Instead she assured me it was normal for a teenager like me to feel the pressure of moving into another stage of life. In fact, she told me of a story about how she felt when her father had forced her to move to a city that she did not like for her college studies. I must admit that throughout all this experience, my family was there for me. My mother was very understanding. My family helped me to overcome the fear and anxiety of joining high school. In fact, she invited a therapist to our home for guidance.

That incident changed my life, attitudes and perspective regarding my life. I embraced the value of family in someone's life. I learnt that family will always be there for you no matter what situation you are going through. The incident improved my relationship with my family and it helped to transition to adulthood. Right now, whenever I experience troubling issues I open up to my family because I know they are willing to give an ear and offer assistance. This incident

taught me some fundamental values in life: responsibility, trust, humility, and the value of family in someone's life. The person I am today is not the person I was back then thanks to my family.