

My Collection

AVA BETANCOURT

FRANKLIN HIGH SCHOOL | 11TH GRADE



The aftermath

The consequences from the actions of another
The thing that's holding me back from moving
forward

Because I'm so fearful of that thing happening
again

So fearful I start to panic

My heart starts to beat harder than drums
I start to sweat, and the overwhelming terror
grows over me

All of me starts sweating and shaking

This is a representation of younger me, who
wasn't ready for those things to happen to
her

The things no one is ready for

This is how she felt in those moments

She also doesn't know when it might happen
again, so she must be careful

Careful of her surroundings, her peers, her
whereabouts, etc....

Sometimes I imagine my brain is a tank of
water, getting filled with the words, actions,
and movements of the people around me

One problem though

Every day when I wake up my tank is already
starting to fill

I haven't taken my meds in 4 days, causing
everything around me to fill me with despair

So, this week I start my days with a partially
full tank

Mornings are the most stressful

Filled with waking up with anxiety, scattered
laundry, rushing parents,

These things flow into my brain, occupying
more thinking and feeling space than I have

Though I can leave my stressful home, I can
only expect to be faced by a day of unknown
behavior from teenage kids and middle-
aged adults

This unexpectedness that I encounter every

day is also filling my tank

Filling my body with emotions

As evening arrives, I feel my tank starting to
overflow

But what does this mean? What happens when
the tank overflows?

All the water comes out

Not nice nor neatly

That water is getting everywhere

What this looks like on the outside, is the girl
who I want no one to see

All she thinks about is emptying that tank

She doesn't care when, where, or how

All she knows is its too much

Luckily, she cares about who.

This overwhelming sense of responsibility
for those around me, to care for them and
myself

This flowing tank will not stop my kindness

My presence

My abilities

My progress.

Progress.

Progress looks different for everyone

That's the first thing to know

For me, it's hard to keep track of how far I've
come

Since I'm always so focused on getting better,
and moving forward

There have been times I've given something
my all, and got reimbursed for that hard
work and still felt like I made no progress

I don't think we give ourselves enough credit
sometimes

We've all experienced so much hurt and have
been able to turn that into the strongest
thing about us

and even if we're still hurting, we can still take
that hurt and turn it into something better.

Thank You.



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