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Age: 16 years old.

### Moving Forward

Time, memory and emotions are like overlapping lines. Concurrent with one another. As time springs forward indefinitely, memories of our past perpetuates deep down in our consciousness and carve who we are in the present. One's mind contains a haphazard of flooding emotions ranging from memories of a mother's embrace, rejoice on a celebration to even grief over a death of a beloved or an unfortunate tragedy. As time is like a man walking only to the front on a straight path indefinitely.

As time passes by, some things slowly decays and deteriorates whilst other grows and nurtures, however death is inevitable. A direful memory burns deep into your mind, causing you to feel 'stuck' and the image of the incident infests the sea of emotions in your mind and replays like an endless calamitous cycle. A death of a beloved, pulls you down an endless pit of rage, fear and despair.

Despite how deep down you are in a chasm of despair, by looking up is a gaping hole of hope and life that shines down upon you. The only way to save yourself from horrid memories of a tragic past is by climbing up the pit, cover it up and bury it deep down because memories can't be erased, but can be neglected.

You might ponder, "How can I do all that?". The solution is drastically simple. Grief and depression is just like a hill. By crying or even releasing all the collected stress and anxiety to closed ones, you are taking slow and steady steps down the hill. This is progress from climbing up the pit and slowly breaking the cycle. By doing this, not only are you slowly 'Moving Forward' from the past, you are asserting to your mind that you are not letting the past affect your fulfil the potential to live in the present. Eventually, the past is in the past and no matter what happens will mold you into having a bolder and stronger human being.

Not only dreadful memories do we need to move past from, but also valuable memories. Even the slightest idea of an idyllic past can cheer you up, however very

plus has a minus. The most convenient example is a class test. As a juvenile, studying hard is the ultimate goal. When all the hard work pays off, you are filled with a rush of adrenaline and a sense of relief.

However, the consequences of the light-weighted happiness has the ability to dictate and recapitulate the near future of you. Thinking to yourself, "How can a happy thought cause something bad?". Filling your mind with only pride and joy of your current standing will make you adamant, less judicious and feels above all, you gradually transform into full-on carelessness and a pile of mistakes. These mistakes keeps layering on top of one another whilst gradually narrowing down bright opportunities in the future. The best solution is to 'Move Forward', study hard consistently and not let your pride impede your knowledge and competent potential.

One of the most common dilemmas amongst the adolescent is teenage pregnancy. In the age of millennials, parents and guardians are not circumspect enough for their offsprings, resulting in stultifying teenage pregnancy and palpable consequences. There are many factors which can push a child to go through such things such as peer pressure and not giving enough thoughts of what is to follow. This case is exceptional because it cannot be simply moved forward from, but requires tangible and warmth of a parent's love. A new life can be a beginning and ending of one's life.

In conclusion, moving forward is not an abrasive act to abruptly forget the past or present, but a bold action to take to develop and understand the intrinsic value of life. Life has no haven, but pure fluctuations. Just like time, moving forward is to continue walking straight ahead on a rough path with ups and downs just like life. Rather than looking back and show remorse and regret for the past, the right thing to do is walk face forward and focus on what we have now and make the best of what we have.

Life lessons and morals cannot be taught, but has to be learned by oneself. It might sound like a painstaking process, however it is just like making amends with yourself to improve our present than the past. All of this can draw a single conclusion that moving forward is an integral part of maturing and adapting to become a stronger being. It lives inside every individuals no matter in the era of

youthful exuberance or the aged. With this, no matter what life throws at you, you will be able to withstand the plight and obviate making the same mistakes to live an delightful life with what we already have.