

## Reflectophobia

We, the American youth, stand so vulnerable to the suggestions of society. We, the American youth, stand so slouched as we look in the mirror. We, the American youth, stand so incapable of being in awe of ourselves, as we can be with others. We, the American youth, stand so ignorant to the beauty of our own body. We, the American youth, possess the dreadful disease of Reflectophobia. Reflectophobia is a disease that surpasses your mind to become petrified by your own reflection. Our American youth should never feel the need to conform with this grisly disease, although it does.

I belong to the American youth, and I, myself, have become the epitome of a Reflectophobic. I find myself influenced by the "angels" of the world to become extravagantly sexy, just as they want me to be. Listen closely as I let you in on Victoria's Secret. Those same "angels" I look up to as so orthodox and so envious tend to prey on the mind and wallets of vulnerable young girls who desire beauty and attention. I've discovered myself skipping meals and running myself rampant daily just to keep the sliver of confidence I have left alive; Nike told me to "Just do it." I find myself staring at the mirror in the morning... not knowing who I am or who I want to be today. I possess a natural inclination to think neurotically. I crave to become society's "perfect" image, strung high and beautiful. I crave to be my parents' perfect daughter, erudite and athletic. I crave to be my best friends' go-to. Every day, I look into the mirror and see a new "me;" I fear the real me.

My reflection is missing as I rummage through the conformed rectangular glass and metal mind trap. I seek so hard for something to remind me of my real identity, although I can't seem to find anything. I lost sense of myself when I began comparing my appearance with others. Who is prettier? Who is taller? Who has better features? Who is smarter? Who is more outgoing? I seek for attention from someone, just so that I can acknowledge some fraction of who I am to the world. As soon as I receive this glorious attention, I shy away, scared that someone will find out I have become a fake. I am the false pretense of my own indecisive imagination. I have lost myself trying to fit in, and now... now, I am left pondering into a distant warping mirror of nothing. I got sucked into the allusion of becoming a "perfect" being, although there is no such thing. Along with the rest of the American youth, I have become petrified by mirrors, incapable of knowing who I am, seeking my own identity, losing the connection between loving myself and loving society's perspective of me. I resemble the epitome of being Reflectophobic.

This disease that contaminated the youth of our country is not moral: it is not a positive aspect to our prospering youth; it is not a suicidal subject; it is not something to shun. Reflectophobia is something that needs to be addressed and nurtured upon. Our American youth needs to be taught how to love the image that is reflected in the mirror. Our American youth doesn't need to be taunted by society. Our American youth should be prospered for its own individuality. Our American youth should never need to be diagnosed with Reflectophobia. Our American youth should never have to look into the mirror and wonder, "Who will I be today?"

