

I Cannot be Scared Anymore

by Medjina Chery

Being raised in a Caribbean household is really a hard challenge; But being gay in a Caribbean household is even harder. Not only because you have learned to hide who you are but also to please people about things they want you to do. They're always trying to create scenarios in their head for you to follow, then leaving you with no room to grow, explore, or take part in any of your own interests. Personally, I have hidden so much to please my parents, but I had a moment where I realized: I cannot be scared anymore- I cannot worry anymore - but I can be who I am genuinely.

It has been really challenging because every time I try to be myself, I always get my self-esteem broken down. I have worn a heavy blanket of insecurity because I know my parents won't allow me to be gay. they're scared of how society will view me, and I can't blame them. But I do believe that everybody has the right to be who they are, not what people think of them and although I really try my best to please my parents, this year, I say it's time to put myself first.

I wasn't making myself happy, and the doubt made me feel like I wasn't good enough. For society, my parents or myself. Asking myself what I can do to make them more proud I was really forcing myself to become someone just because I was living in the big picture that my parents



created for me. They have their own personal beliefs which are mostly focusing on my education and things they have done for me. If I tried to show who I am, in general, not only in academic settings, they see it as disrespect when's it really not- I just want closure. I really don't care how society views me because my sexuality doesn't define who I am if I choose to be gay. If I want to have piercings. I'm going to have piercings.. For right now when I look at it I'm really happy with the person I'm becoming and yes I am happy to say I'm a lesbian. I know it will take time for my

parents to accept this decision of mine- and if breaking the rules is needed to find your happiness then I will do just that.

For people who are struggling with the same situation I want to say

- I understand what you going through and look, it's not going to be easy, it will take a lot of breakdowns and low self-esteem to be the real you, and everything will take time don't let what people say define who you are because regardless you're still going to be talked about
- just have a lot of faith in yourself because, at the end of the day, you decide on what you want to do.

That's what I've been doing and I think I'm doing just fine.