

## How I Changed From a Negative to Positive Attitude

Lylae Johns

Do you know how someone can change from something so negative to something so positive and how hard it can be? Changing a negative to positive attitude can be very hard, painful, and stressful. I'm going to tell you my story of how I changed my attitude and why I believe it's my greatest accomplishment in life.

Up until the age of thirteen I was rude and disrespectful. I didn't really care what people thought and what they thought about me. When teachers told me I failed a test or a quiz I use to get very upset and curse at them as if it was their fault that I failed. In the morning just entering school my friends would come to me and be very polite and say "good morning" or "hi." I would be very rude and yell in their face "leave me alone and get out my face". The way I felt inside resulted in the way I acted, My childhood was very messed up and I just had all this anger built inside that I'd take out on the people I loved and my friends. I felt as if someone owed me something and that I just had no one to talk to about my childhood; nor did I have anyone to ask me how I felt or give me what I needed .

Then the summer of 2010 arrived. My mama and I would always get in a fight because of my attitude, but one day I had said and did some very hurtful things to my mother that I shouldn't have said. So she called the police on me and she told them "my daughter needs serious help before she hurts herself". The police talked to me for awhile and then they decided to take me to this place. While I'm in the back seat of the police car I'm thinking "am I going to jail, where are they taking me, why did my mother let them take me, and does she hate me that much to send me to jail?" As we (mother, police) get to our destination my feeling for my mother just built up more and more hatred. A few hours later I'm in this place full of kids that look happy, but their expressions didn't mean they were happy so I start to realize they are similar to me in some way. Four days later I had a meeting with my mother and a doctor/therapist. The therapist helped me realize three important things. One was am not alive for no reason, the second one was I have to let go of my past in order to move on with my life , and last but not least talk to someone you really trust to express your feelings. Those three things made my mother and I closer and I felt as if I could tell her anything.

When I got released my life was so much better in many ways. My life just seemed as if I started all over. My sister and I got very close. We'd sit in our rooms and talk about everything and I thought that was a great feeling to open up to her so she could give me good options of how she felt and what I should do to make any situation right. As for the rest of my family we were all on good terms. The fall of

2010 I went back to school and the teacher had seen a major change in me. I felt really good because they would always brag on how I was a great student compared to the year before that.

Changing my attitude was very difficult to accomplish. The attitude I previously had made my personality look awful. It also made people think that I wasn't capable of accomplishing anything in life. Overcoming my adversity led me to greatness. Without changing my attitude I would not have been able to experience a good future, and I wouldn't be the person I am today. This is something I am very proud to have accomplished.

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