

My Memory is My Shelter Because it Protects Me From Bad Thoughts

Did you know shelter can be anything you feel protected and comforted by? In this essay, we are going to talk about how shelter can also be anyone's memory. My shelter is my memory because it protects me from bad thoughts, and it helps me get strong mentally.

When I got a bad score on my test, I kept doubting myself. In the middle of the school year, there was a math test. Let's just say I didn't do so well. I kept doubting myself over and over to the point where my memory of me studying came to me, and I got happy. When I got home, my mom and dad were not mad because of how much I studied. They helped me revise the questions that I got wrong. In karate, when I did not pass a test, I kept thinking bad thoughts. When I took my first karate test, I was new and did not pass. When I got into the car, my memory protected me because the instructor said I could always try again. So I practiced over and over again. The next time I tried, I passed because I practiced with the video they gave us, I practiced with my brother, and it was important because I got my belt. Getting my belt was important so I can learn more and harder things if I pass. This is my shelter because it includes my memory.

My memory is my shelter because it helps me get strong mentally. I got bullied in fourth grade because of my lucky number. On the first day of school, we were introducing ourselves, and I said my lucky number was 13 because Taylor Swift's lucky number was 13, and everybody laughed because nobody liked Taylor Swift except me. I felt humiliated. When I went home, I got mentally stronger because I practiced. I was happy they bullied me because I got stronger. That is one way I got stronger. When I got

sad because my friend did not invite me to her birthday. I did not care, but all my friends were there, and no one played because they were there. I got mentally stronger because I wasn't invited, and I got to relax most of the time. I got a lot stronger. That is how I got stronger. This is my shelter because it protects me mentally.

My shelter is my memory because it protects me from bad thoughts, and it helps me get strong mentally. The majority of people think shelter is under a roof. If that is the case, then I hope I changed your mind because shelter can be anything you feel protected by. Before I read the prompt or read anything about shelter. I also thought that shelter was only a house. People think that shelter is only your house, or a supermarket, or a toy store, or anything that has a roof above it.