

September 15th 2025, 1:54 AM

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Here is the credit btw SoP Template by Mayukh Chakrabarty. I probably should sleep rn cuz of the stupid 8 AM class, but I think it's nice to have a place to express my feelings, don't want to repeat myself two years ago. I feel like I am my name. I ran away multiple times in the past to escape the problems I caused. I got scared if I can't solve a homework problem, I got scared if the professor asks me a difficult question, I got scared when the magic smoke comes out of my circuit, I got scared when I fence with strong opponents, my legs and hands will start shaking. I'm scared of new places, or places with a lot of people, I'm scared of a lot of things. When things stack up, I will find somewhere far from everything and just sit there for days, and if I don't run, my mind is going to explode, then panic attack kicks in, and my whole body will be paralyzed for the next few minutes (I think I can actually trigger it on my own, just start breath heavily and thinking about some places, not trying to brag, but it is an unique experience feels like tuning myself into a mummy, can't control the body or breathe when it happens, but my mind is still very clear). My solution to some of my biggest fears is very straightforward, if I can run, then I will run; if I can't, then I'll go in with AirPods, pretending I'm listening to what they are saying. I don't think it will happen again tho, so I think I'm fine. I don't blame anyone for this, none of these would have happened if I had simply shut myself up. That's why I ran cuz I know it's my problem. Whether you are reading this or not, don't feel bad, it's another panic attack for me if you do.