Aleyna Olexson

PSY 257-02

**Erikson Exercise**

During my junior high and high school years, I was consistently involved with school sports. I was always considered a ‘tomboy’ by my family and friends and I did not mind being active and always playing some type of game, like backyard football, with my neighbors. As for school sports, I mainly played basketball, softball, track & field, and field hockey throughout those years. With the struggles that I have encountered with sports and being a tomboy is that my athletic abilities were always doubted by my dad and other peers. I felt their doubt every time I participated in the sports, which I used as fuel to help push me harder. When I reference that time period now when I talk to my dad, he says that his intentions were to make me upset in order to push me harder; I guess it worked in a way. Another instance that became a struggle was that the “popular” girls that I went to school with were always involved in the same sports that I was, I was not included in the “popular” category. They did not pay much attention to me nor did they involve me in their ball passes, which buffered my athletic advancement on the team; as team member interaction is paramount for team development. I never liked the popular girls and they never liked me and knowing this was a constant struggle in my interactions with them on our sports teams. Also, having this constant negative dynamic effected my potential friendships (I did not talk to anyone at school that they talked to), this also caused me to be seen as the ‘quiet, weird girl’ in school. Although, looking back on this now, these situations made me who I am now. I learned that not everyone will like me and that it is ok if this happens. I also learned that it is sometimes a good thing to not be ‘popular’ because no one needs that many friends and acquaintances to keep up with and be influenced by.