This iBelieve Essays

The Power of Family

by Natalie Mejia

I believe that family is the key to finding genuine happiness. Sometimes I can make myself trick myself into believing or thinking that I'm happy when I'm rewarded with materialistic objects or relationships, until they are gone. Materialistic objects and relationships can make me happy for a short period of time until I notice that I'm a not really happy or enjoying my time. The only people that have been there for me since the beginning are my family. My family and I go through problems together that others can't understand or manage to handle. Family understands you and what you have been through. They know how to make me feel special with just the attention they give me and the great moments we share together. Being with them makes me feel the happiest without faking it.

It wasn't easy to realize that family made me happy. I used to surround myself with friends who weren't really there for me, but I thought that if I had all these friends, it would make me feel like I had people to go to when I felt isolated with my own thoughts. Every day I would attend school and come home, and nothing I did that day genuinely made me happy. I went out with friends, but we never did anything I had really enjoyed, but I did it to see if there was something there that might spark my happiness. It didn't happen. One day I felt so down and out of it, so I asked my parents for money to go out with my friends, besides the fact that I didn't really want to go. We were going to do something that my friends enjoyed doing, but I hated it. I would only do it because I knew they were happy, so why couldn't I be. I would even buy things to make myself think I was happy. I bought clothes and sneakers, but it was only temporary like everything else, including my "friends." I felt myself falling apart.

On occasion, I would have moments where I was happy, but those times usually occurred when I was surrounded with the people I love most, my family. I hadn't realized it at first, but I needed my family the most in order to really be happy. My family had realized I wasn't happy before I did. I know this because they would ask me about how I was feeling and what we could do together to make me feel better. They are the only ones who really care about me and will be there when I need them most. I paid more attention to what my family was trying to do for me. I spent more time with them. We talked about the memories we created. Recalling our memories made me really happy because I had forgotten about the times we spent together. We continue to create those memories whenever we are together. Most importantly, when I am around my family, I am able to be myself. I can laugh with them and tell jokes without feeling like I have to forcefully have a positive energy. They are my comfort and I am truly blessed to have such a loving and caring family to support me with everything.

Family understands me during tough times. They are there to help me and provide for me in any way I need. I would never give up the life I have for the "perfect life" that comes with no problems because my family makes my life perfect.