Who Is Bridget?

I think it says a lot about me if I tell you that I'm the type of person to have a coming-of-age playlist playing in the background while making this activity. Needless to say, I'm a painstakingly mediocre 18-year old who likes to think that she is the introverted yet simultaneously loud side character in everybody's movie. Picture the best friend who is unrequitedly in love with the main character who gets eventually rejected, or the quiet bystander in a café cramming for an exam, or the novel gay friend added into the plot for diversity, you can get a decent idea of who I am like.

It is difficult for me to admit that I have good habits since I rarely think of myself in a positive light. But I guess I should say that I have an automatic reflex to be affectionate and emotionally supportive of anybody in need. I also tend to get invested in anything remotely stimulating too fast and too intensely, which can be great in the context of being productive, yet can be destructive when it comes to artists, anime, books, movies, or shows. Although I don't personally believe it, I've been told that I can be very reliable and wise. I guess the former can be attributed to the fact that I tend to be punctual whenever I am expected to be at a particular place. I can probably be perceived as wise because I try to assess problems and conflicts from another perspective to avoid acting irrationally. I also do my best to be friendly even if I do expect other people to start a conversation with me as opposed to me approaching them first because I'm a firm believer in pacifism.

If I present my laundry list of faults and bad habits, it can take a thousand years for me to be finished. I guess I can say that I don't think too highly of myself, which gives me dangerously low self-esteem. I can get too anxious at times, to the point that I would be unable to physically and mentally function for a couple of hours at most. Also, I have a nihilistic outlook in life where I question my existence while wondering if everything I'm doing is even worth it in the end. I also tend to overthink situations and find myself in a spiral of shame and regret. Like when a coin rolls out of my wallet then onto the floor at a grocery line. Although I'm trying my best to avoid doing so, I tend to leave my things scattered around in my room until it becomes borderline inhabitable.

If by some weird plot device made it possible for me to talk to my old self, I would probably flick her forehead and scold her for being too selfless to the point of forgetting about her own well-being. Even if it is humbling to put the needs of others above oneself, there can be times that she might not have noticed that there were people taking advantage of her kindness. Above all else, I

would tell her that those feelings she had for people who didn't treat her the way she deserved to be treated was just puberty and the hormonal chemical cocktail messing with her brain.

Through effort and dedication, I like to think of myself as a successful person in the future that can bring her family to restaurants without worrying about the price tag. I have always envisioned myself to be a person who balances having fun and being productive as a writer, a therapist, or a film director. In a more personal context, I want to become the individual that can more than just survive the mediocrity of everyday living and be genuinely happy. But most of all, I hope to finally see myself as the main character in my own movie.