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Shitty Rough Draft

Being spoken to and being heard are two completely different things in my opinion. A lot of times people speak on whatever they think is right and don’t care about anybody’s opinion on what they are saying or how it makes people feel. Being spoken to could be taken in a variety of ways. The way my parents have spoken to me vs. my boyfriend vs. a professor. There are many different ways people talk to you too and I honestly don’t think I am going to be able to write a lot about this topic because it’s incredibly frustrating to look back on my life experiences and pick just a few that relate to this topic. It’s weird to me that I don’t live in my hometown anymore it’s honestly really sad to think about how life there is still functioning without me.

There honestly have not been many times in my life where I have truly felt like I was being heard. The city/county I came from was filled with selfish and conceited people who genuinely just did not care about anything involving me or anything but themselves. I do think the only time I have been heard is by my parents went I begged them to switch schools after a horrible and disgusting freshman year of highschool. They were hesitant at first but when I finally told them for the first time about my depression and anxiety and the thoughts both illnesses put into my head, they agreed to let me make the switch and that may have been the first time I have been heard. To me “being heard” doesn’t just mean being listened to; more like they are actively listening and are interested and care about your thoughts and opinions and then continue to support or give constructive criticism or feedback of any kind. Not a lot of people in my life have made me feel like what I say or think is important (except for my parents like I said). One person that does make me feel heard though is my boyfriend. Call me naive or cliche but I have never met someone that can make you so happy on such a shitty day. He means the world to me, truly. I don’t know what I would do without him. Being heard is a very important thing. For some people the feeling of being heard can make or break their ego and for others it could literally save their life. Most people who commit suicide do it because they feel like nobody cares or can relate to their problems. All they want is to feel heard and like they matter and their opinions matter. Unfortunately today we live in a world where social rankings are more important than letting people know they are heard and cared for and loved. There are a lot of changes that need to happen in our society.