

Drawing My Life Out

My name is Naomi Garcia and I am a 17 year old high school student. I originally lived in Phoenix, Arizona, and moved to Douglas, Arizona to get away from domestic abuse. I live with my two sisters and single mom. I am the “forgotten middle child” as the stereotype goes, yet my mother always made sure that none of us felt that way.

The relatives from my parents' sides of the family were quite judgemental, especially my mother's parents. My grandparents are “tradition” and extremely religious. In their culture, a woman is nothing without a man to command them, a woman is made to serve a man. They didn't want to understand my mother's situation and would constantly emotionally manipulate her. My mom finally broke the cycle of trauma. I am extremely proud to be able to call her my mom.

My mom started the healing process of cutting the toxicity out of our lives, yet constantly I felt I was the toxic one all along. In middle school and some of high school I felt as if I was lost in my own body. I didn't feel in control at home, school, or my own body. I'd cut into my skin as a way to feel control, as a way to show myself “I'm in control.” In 2020 I finally came to terms that I am not in fact in control. I want to be better, “I wanna be great.” I started taking therapy seriously and even though I didn't like to be read like an open book, being able to have someone understand my struggles felt nice.

Drawing anything I felt or imagined helped my mental health a lot, though most say they are dark, I'd prefer how they look on paper than my skin. I love to draw, not to show off, but I have become rather good at it. I could draw for hours and create a story with the same piece of paper. I want my work of art to be noticed, or to even share my ideas on the big screen.

I love the cold winter days you'd see in christmas movies. When I heard that Flagstaff has snow in the dry desert state, Arizona, I was flabbergasted. I had been there once to attend my

tia's bachelor graduation and immediately I wanted to pack my bags. Nau now offers a program called New Media, that allows people to create movies, animation, and express their talent. As soon as I heard I applied and got accepted. I really want this career path. I want people to know my story and be able to see how even though I went through darkness, I can shine really bright today.