

Sierra Belfrey

Professor McCarthy

ENGL 1121-25

16 November 2023

Sierra Vs Who They Say I Am

A lot of people go through life being the person everyone else knows them to be. They have issues finding who they truly are and finding what they want out of life, because they wear so many different hats. I am an example of someone who has lost sight of who they are, lost where I want to go, I have even lost sight of my favorite hobbies; what do I like? I feel like I lost myself after I got married and had kids, not saying I do not love being a mother and a wife and what comes with it, but what do I love about me? I am currently working on finding me, showing who I am, and going for what I have always wanted in life. It is especially important for everyone to know that they are not alone and for me to know that I am not the only one who has gone through this or is going through this. There is someone out there that needs to know that it is okay to learn who I am and choose which path I want my life to go. I decide who I am and stand on that.

They say, "Mom!" They say, "Wife!" They say, "Daughter!" They say, "Sister!" They say, "TT!" Although I love all those names, I still do not hear my name. They say, "I want to go

to the park," "we are going fishing," they say, "she loves to cook every meal for the holidays," they say, "she loves working with kids," they think I would not mind watching their kids while they go out, they say, "TT! We are coming to your house for the summer." All that they say, all that they think, all that they do... With no consideration of what I think, of what I want. I say, mommy is too tired to go to the park, I say I have too much to do to go fishing, I say sometimes I want to relax and enjoy the holiday feast without being the head chef. I say I want someone to watch my children while I enjoy a night out with my husband or even alone. I say I want my children's TT to take my children for the summer.

I love to hear the people in my life call out to me in whatever name of endearment they address me as, but I want to hear someone say, "Sierra, how are you doing?" Everyone thinks I am someone to be beckoned to appease whatever they need me for. It never fails, a phone call, a text, a facetime, as if I am supposed to always be available. In the middle of me doing this assignment, every notification chimed on my phone, with no regard for what I needed to get done. I am always thinking ahead of the game when it comes to anything that pertains to other people and a lot of people in my life know that. They often say, "Sometimes you must put yourself first," but then I get a call or a text message from those same people, wanting to vent, needing advice (right now as I am typing this, I am receiving facetime calls). I am a mother of four, so I am constantly being pulled in their direction, and I am a wife as well and my husband cannot seem to find anything when I am present. Even if I am out, I get a call from him asking "Have you seen the twins' sippy cups? I am trying to lay them down for bed and I cannot find their cups, diapers, or wipes." I tell him exactly where those things are, he hangs up and I get back to finally being able to enjoy my night out with my friends; Not even a minute later, I

receive yet another call from him asking “Have you seen any of the twins’ pajamas?” It is never ending!

In addition, my family loves spending time together and they also know that I am huge on family gatherings, or simple family time together. Game nights are always fun, holiday celebrations are amazing, and birthday parties are also big in our family. I look forward to all these events and trust me, I am the person to go to for events of any kind when it comes to planning and putting them together, but sometimes I would love to just be the one going to an event and not hosting them all the time. Anytime the holidays roll around, I can always count on my mom and my husband's sisters texting me saying, “What is the plan for Christmas?” Or “What is the plan for Thanksgiving?” and now the new one, now that I have started doing an annual easter egg hunt with my kids; it has turned into a huge easter egg hunt for all my nieces and nephews. I am always thinking ahead of the game about anything that pertains to other people in general because I love seeing smiles on everyone's faces. A lot of people in my life know that about me, which can often be taken advantage of at times. They often say, “Sometimes you must put yourself first,” when I say, “I am tired” and I do not want to host anything in my home, I want to be the guest for a change. That does not always work out in my favor though, because then everyone is struggling to put things together and they are doing it all at the last minute. I end up going into my closet, pulling out my host name tag, and putting it back on and hosting the event. They praise me for all my hard work every time, and although it puts a smile on my face, I am exhausted at the end of the day as I switch my host's name tag out and put on my cleaner name tag while they pack up and say thank you and goodbye.

My children tell me all the time how much they enjoy having people over and they like going places where their cousins can tag along too. Every day they ask me, “what are we doing today, Mommy?” or “can we have a sleepover?” My thoughts say, “have a sleepover where? Here?” “Not with all the stuff I must do” “I just took you all to the Splash Pad, and Pizza Ranch yesterday.” When I have an extensive list of things to get done, I also must entertain four beautiful children; I settle for a mommy trick. I tell them that we just had a big day yesterday, so I make sandwiches and pack up some snacks and I take them back to the splash pad and we have a great picnic while they play in the water. Yet later they ask Daddy if they can have their cousins over for a sleepover and Daddy says “Yes.” My husband thinks that just because he is off work the next day, it is okay to have 4-7 extra kids over for a sleep over. He says, “I got it baby, do not worry. I will make sure I keep them out of your hair so you can get your work done.” I know you are thinking, seven extra kids in the house along with the four you have already? Yes, that is what I mean, and it is a lot. My husband does an excellent job for the most part, except for when the kids want a snack, juice, or food. They do not come asking me for stuff, he comes in asking me for everything. He says “Hey you are good at this, I am not. I could not do what you do every day.” This I know. As stressful as it can be I do not mind having company over, especially when it is for my children. I just would like to be heard when it comes to things that I want and that will help me get through what I need to get done. Once my list is checked off, I would not mind taking off my student's name tag for a little while and replacing it with my TT name tag.

As I end, I want to introduce myself. My name is Sierra, I am 30 years old, and I am an ARCC (Anoka Ramsey Community College) student who is majoring in Psychology. My chosen

career path is to become a child psychologist, when I am not doing schoolwork and I have free time; I like to do karaoke, go to wine tastings, and my all-time favorite thing to do is Sip and Paints at Cheers Pablo. I like reading romance, thriller novels too, oh, yes and I cannot forget to mention that I am a huge fan of the saga Twilight, movies, and all. Team Edward!

Over the years I have learned that although I love being around people, especially family; My anxiety over the years have grown too. A lot of things that I am used to doing that my family and friends are used to me doing are a little bit harder now because of my anxiety. I used to be able to control it a bit more, but with a growing family, being married, in school, and having so many obligations, life can get a little bit overwhelming. My family and friends have all noticed how strong my anxiety has gotten, but they also know that I have never been a person to let something consume me. I am a firm believer in God and when my anxiety starts to get the best of me, I separate myself or I write, and listen to gospel music and sing as loud as my voice will allow. I also will go for a drive in my car and turn my car into my own little karaoke party. Although I have my own identity and I am still learning who I am today, I love Sierra and everything that comes with her. They say I am all these things about me and want so much from me, but they say it, and do it because I am strong. My family and friends tell me all the time that they admire me, they say they admire my ability to juggle so many different things and hats and that they wish they could be as organized as me, especially when it comes to planning family events. I am admirable, I am Sierra, but I also am Mom or Bruh, to my oldest, Daughter, Sister, I am TT to many nieces and nephews. I am also a granddaughter, and I sometimes must go grocery shopping for my grandma and make sure she has everything she needs. I am who they say I am, and I am who I know I am going to be, and I am learning more about who I am today.