

Look, there it is! That familiar and creeping feeling. You were suddenly brought back to the time you did something so embarrassing that you'd want to smash your head into a brick wall. Maybe that is you accidentally posting an embarrassing video of yourself or even simply tripping over something. And now, all these years later, these memories resurface and all you can think to yourself is: "How can I be so cringe?"

But what if I told you that being "cringe" is a sort of superpower?

Every day, we would unconsciously spend so much time trying to fit in or try to be cool for other people. "Cool" is something that is done effortlessly and never tries too hard. But, it can also be suffocating for us. It can slowly kill our creativity before we could even start being ourselves.

When we live in the constant fear of being "cringe", we put ourselves down and prevent ourselves from unleashing our own potential. We tend to hesitate from sharing our creative ideas, thoughts, or passion. Always second-guessing if this is something the "popular people" would do. Leaving us with a diluted version of what we really wanted to say or do. But here's the truth: those people who judge you for being "cringe" are just as afraid as you may be. Unknowingly, they would hide away themselves to avoid their vulnerable side and put on a sort of show.

In reality, being "cringe" means you are willing to be seen, to be heard. No one ever created something meaningful without taking these huge risks. Huge artists and writers had to face ridicule from the public before they were made known. Imagine if being called "cringe" is what made them stop, if they had let the fear and embarrassment hold them back.

So who cares if people roll their eyes at OUR excitement? Who cares about your interests not being considered "cool" by some made-up standard in everyone's head? The moment you stop performing for other people's eyes and start embracing yourself for you, that is when you start living your life.