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On Growth: A Wreckoning

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ON GROWTH: A WRECKONING

A SHORT FILM BY MONICA GAYANELO

SCHOOL OF HEALTH SCIENCES AND
PRACTICE
SPEECH AND LANGUAGE PATHOLOGY,
2022

[HTTPS://VIMEO.COM/661842919](https://vimeo.com/661842919)

A brief musing on metamorphosis pulled by brief moments in life, begging the question if we ever truly must tie ourselves to a timeline.

Video Transcript:

I've been thinking a lot about the kind of person I want to be--
and it's sometimes daunting, but always changing.

it's easy to think that change happens naturally like the seasons

that it repaints color like the sky or the trees, in quiet, patterned clockwork

but deep down, I know that humans are more complicated than that

sporadic and arrhythmic at best

thinking about my past self

is like sitting on a train looking backwards seeing my reflection in a window that is part

shame, part sadness

maybe even part longing

for a familiar chaos,

the bittersweet kind that seems simple in retrospect

when i think about who I want to be,

there's the fear that it won't happen

a little doubt about how I'll carry that same chaos ripening with complexity the older I get

that's the only constant in this equation

the unknown weaving through every idea of who I want to be

everyone always tells me

you're so young

you have time to find yourself

but I think they got it all wrong

you'll never reach an age when time runs out

where your identity freezes over

and all that you are is your final form

what's the point of living

if there's merely a singular feeling or place or moment that will hold you forever?

I've decided it's wild, glorious, almost,

that in all the possibilities of my future,

I still don't know what kind of life I imagine for myself.

I only know that I want myself to feel that being alive is worth it

And that's more than enough for me.