

My Other Self



I was sleeping when I saw a 16-year-old girl standing in front of my bed. I couldn't believe how alike we both looked. I was petrified!

At first, I thought it was just a dream, but I kept on seeing her for the following five nights. I wanted to keep it a secret, but my fear and anxiety made me tell my parents about that mysterious girl. They decided to take me to a therapist.

And there I was, waiting for my turn to see the therapist. I entered the room and talked to the therapist for two hours. He said that I had to speak with my parents about my childhood. I didn't want to speak with my parents because if I spoke with them, they would think that I was paranoid.

I wanted to talk to my other self that night. I went home feeling anxious and I waited for four hours thinking about the girl and what questions I would ask her. When I looked at the clock, it was 1 a.m. I went to bed quickly and I waited for the girl to appear.

I was trying to sleep when a pale and cold hand touched my shoulder. I tried to scream but my mouth couldn't make any sound. She stood in front of me, and asked me: 'Why did you do this to me, sister?' When I heard the word 'sister' my heart missed a beat. I told her that I didn't have any idea what she was talking about, and that I was an only child! But she just disappeared.

The next day I talked to my parents and asked what had happened during my mother's pregnancy. They didn't want to talk to me about that but later that day, I heard them having an argument in their room. All I could hear was: "She shouldn't know that she ate her sister during my pregnancy. It would be traumatic!"

I couldn't believe what I had done to my sister, so I ran to the bathroom, I broke the mirror and with a piece of glass I cut my throat.

Now, I'm with my sister again.

Marta González, Ton Vilarrubias, Júlia Monclús- Polo B2-