

Last year, I had a painful experience that I'll never forget for the rest of my life even though I am an optimistic teenager.

I am good at squash. I have been recommended to take part in many squash competitions and have received many prizes. Those prizes have given me great satisfaction and helped boost my confidence and self-esteem. In fact, the most memorable thing is that I have made many friends whilst coaching squash.

However, my weakest subject is English. I was required to take a 're-sit' exam. I didn't work hard in preparing for the exam by burying myself in books. At that time I didn't feel it was important, though I was anxious about my F5 study in the next academic year.

A friend, whom I had taught squash last year, invited me to be her squash coach. She was a nice girl. Since I hadn't seen her for over a year, I was nervous and excited when I met her again at the squash court. I accompanied her home every evening. I felt that she was not as excited as I was. We talked a lot but only about squash. I was so uneasy and disappointed by her response. I thought I was not good enough to be her boyfriend. I thought a lot about her at all time.

I just had 14 hours till the exam. I didn't sleep as she was always on my mind. Even now I still recall her scent. I was just like an idiot sitting on bed all night long. Suddenly, an idea came to me. Cheating might help me in the exam. With 10 minutes to go before the exam started, I was contemplating whether I should cheat or not. Finally, after I had received my exam paper, I decided to cheat. I pulled out the notes from my drawer. Suddenly, a hand tapped me on my shoulder and I knew my act was discovered. My face flared up and I burst out in tears. I immediately regretted what I had done. I should have thought about the consequences before cheating but it was too late.

I went home with a heavy heart. I was a disgrace to my family and myself. My family didn't criticize me, which made me feel even more guilty. I realized what the most precious thing was. It wasn't love or death but friendship and family.

I learned my lesson in a hard way. I adopted a positive attitude towards life despite having to repeat the whole academic year. I picked up the pieces with determination. I am grateful to my teachers and especially my squash coach as he always encourages me to stand up when I fail. I believe that most things in life don't come easy. One needs to work hard to attain what one needs.