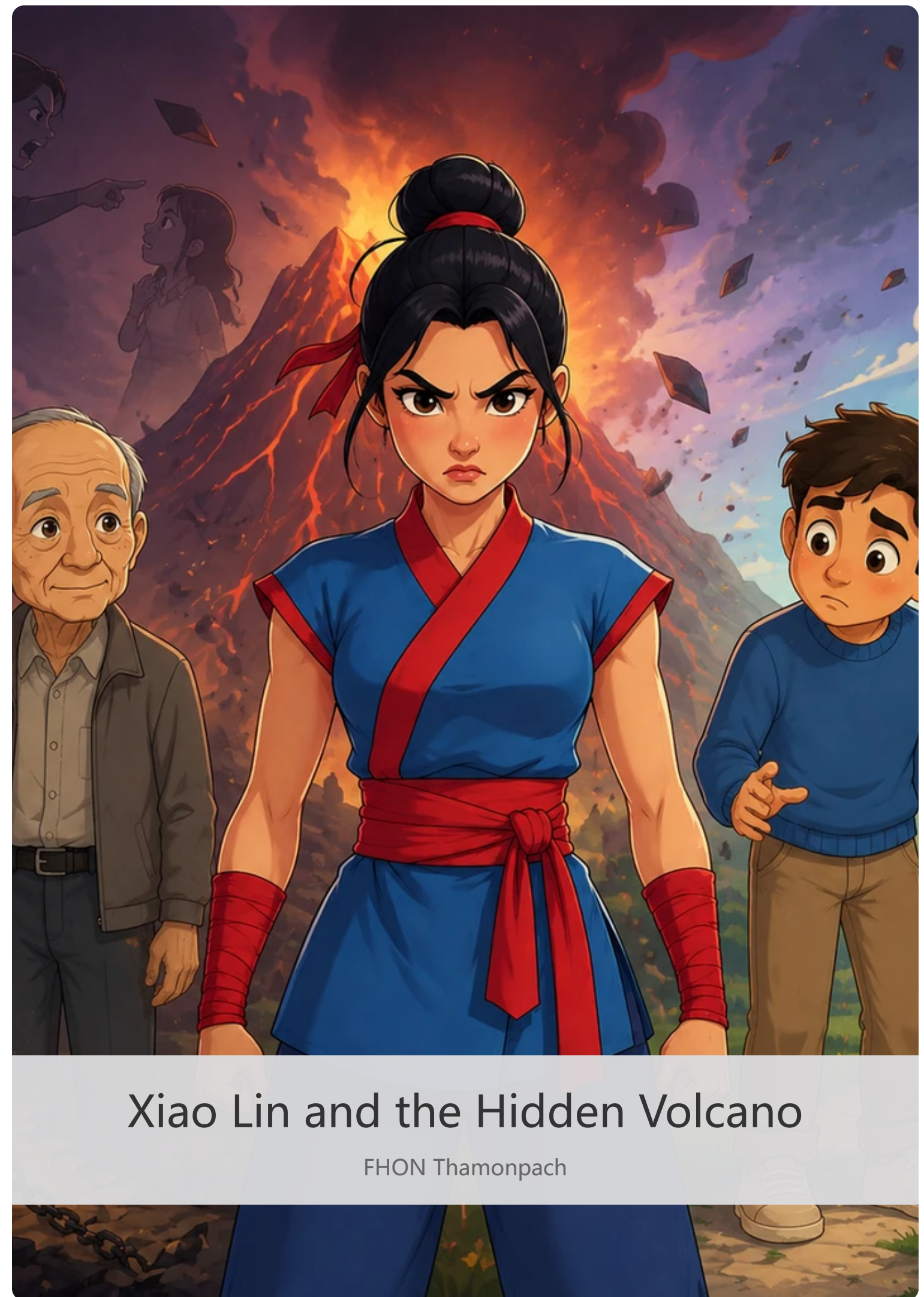




Xiao Lin and the Hidden Volcano

FHON Thamonpach



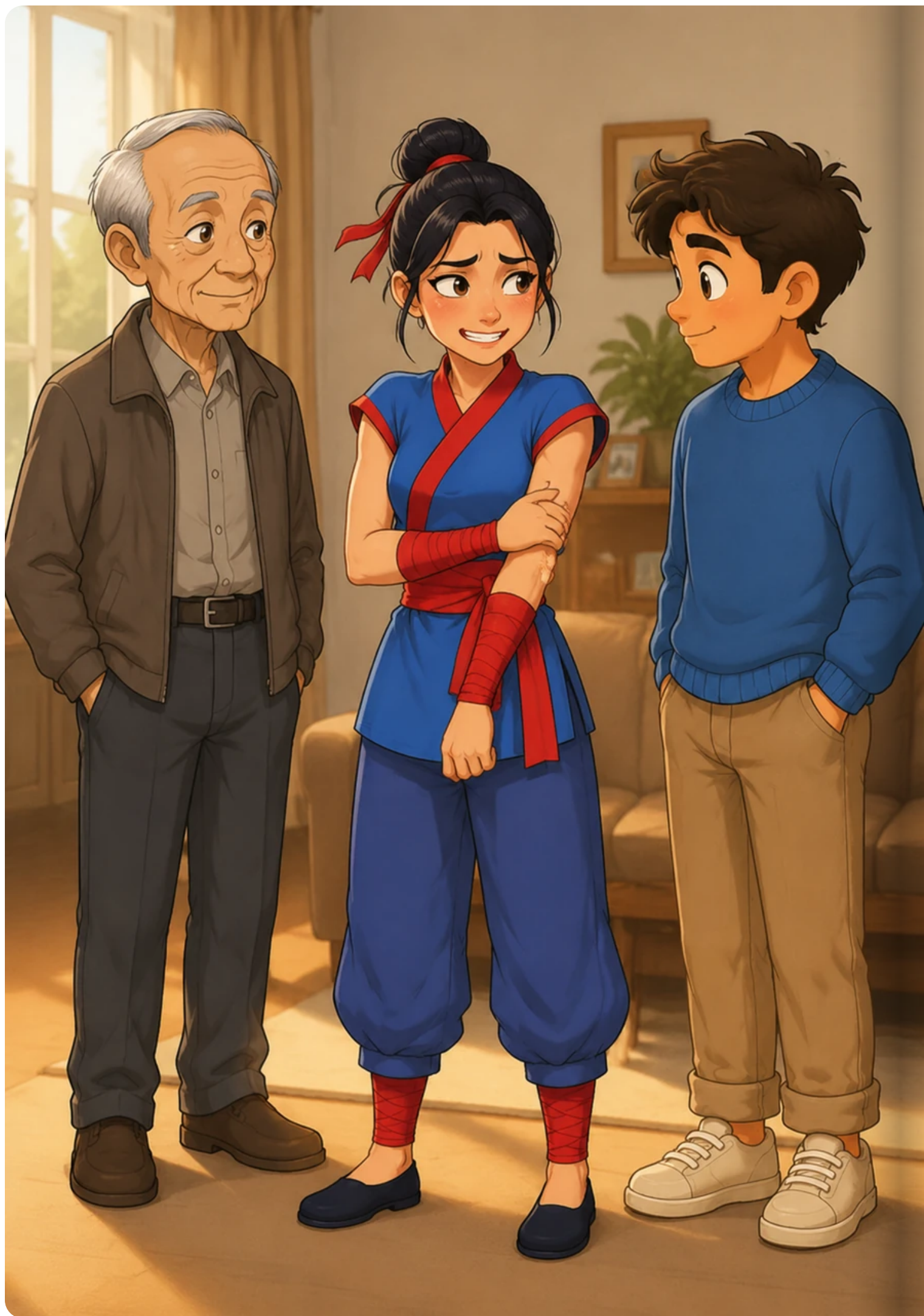
On a warm afternoon, Xiao Lin sits with her friends, quietly discussing family lands and recent reallocations. As she begins describing how her elderly father missed a crucial deadline, placing their new plot in an unfavorable spot, her calm demeanor starts to fray. Her voice rises sharply, her jaw tightens, and her fists clench tightly as an unseen tempest begins to swirl within her chest.



Noticing the rising tide of emotion, a friend reaches out softly and asks if she is feeling angry. Xiao Lin immediately furrows her brow, throwing up an emotional wall as she firmly rejects the question. Her posture stiffens, her eyes flash with defensive energy, and she insists with sharp conviction that she is completely fine.



Her friend gently points out the lingering fire in her eyes, causing the hidden storm inside Xiao Lin to burst open. She exclaims heatedly that feeling angry would mean blaming her aging father, something a devoted daughter could never allow herself to do. Trying to soften her outburst, she quietly mutters that she is merely feeling a little disappointed.



Beneath her defensive words lies a belief deeply rooted in her childhood memories. Growing up, an unwritten family rule dictated that expressing anger was shameful, and that a truly good child must never hold resentment toward a parent. This unspoken command became an invisible mask she wore to prove her loyalty and worth.



Whenever natural feelings of frustration bubble up, the echoes of those childhood rules ring loudly in her mind. She feels a heavy wave of shame and self-disappointment simply for experiencing anger toward her father. The constant effort to hide her true emotions turns her internal world into a simmering, hidden volcano.



If Xiao Lin takes a quiet moment to map out her internal iceberg, she sees her outer defensiveness resting above the surface. Hidden below are deep layers of helplessness, fear of being inadequate, and an aching desire to be loved for who she truly is. Recognizing this landscape allows her to see the true depth of her emotional pain.



Her path to healing begins not by forcing the anger away, but by offering herself gentle curiosity. She softly asks herself if it might be acceptable to feel hurt, reflecting on how her younger self learned to suppress raw emotions. For the first time, she views her inner world with warmth instead of harsh judgment.



Xiao Lin realizes that her anger is not a sign of hostility or disrespect toward her family. Instead, it is a reflection of how deeply she cares about her home and grieves what was lost. Understanding this transforms her perception, changing her hidden volcano into a source of self-awareness.



By unburdening herself from rigid rules of compulsory perfection, Xiao Lin grants herself permission to feel every emotion authentically. She releases the guilt that held her captive for so long, stepping forward with newfound clarity and freedom. Her relationship with her memories becomes one of peace rather than internal conflict.



Looking into a soft mirror, Xiao Lin wraps her arms around herself in a warm, compassionate embrace. The fierce storm in her heart dissolves into a gentle, soothing current that cradles her entire being. Loving herself completely, she steps into the future aligned with her true heart and deep inner harmony.