The sun is setting as I slowly come to the top of the grassy hill. As I reach the top I'm greeted by an astonishing view. A large labyrinth lays across a barren landscape with no apparent way of getting past, I would have to go through it.

I cautiously enter a small ominous doorway, the silence is deafening. Now as I look around I realise there's no exit, no entrance just one single path ahead. Every corner I turn fills me with fear and my breathing heightens more and more. I'm slowly getting dizzy and concentrations runs thin, I slowly crumble to the ground my future now seems bleak...

My eyes meet with a small silhouetted figure. This figure is delicately holding a white rose and on closer inspection it seems that is is a goblin like creature. Goblin are usually small only around two feet big. So I approach it gently and then it mutters to me; 'don't worry I'm not going to hurt you. I'm p and these walls you see are my home' I then was quick to say 'how do I get out I don't want to be here anymore?' She then replies 'this is a test, a challenge and I cannot simply reveal the answer. But I can however give you clues'. I then shouted 'I don't want clues I want to get out!'she replies softly 'this isn't going to last last forever although it may seem that way. Eventually you'll be free and find the answer, just keep that in mind and remember, just look at things from a different angle.' I'm left confused and slightly annoyed and whilst deep in thought p disappeared.
I've walked for what seems an eternity, my feet are sore and I feel like giving up. My mind has grown more powerful and seems to overpower me. A voice tells me to stop over and over again. A light beaming from a crack in the brick of the labyrinth, reveals my shadow. I stare for a few seconds, it seems different a little bit weird, but then it begins to move. My shadows moving, I think I'm going mad. It slowly grows and becomes a shadowy, hooded creature. It is silent at first but begins to mutter Ansia and moves like a snake, it blocks my path. I ask it what do you want, it remains silent and then mutters I am Ansia. I run towards and pull down its hood. I am left shocked, its face is the same as mine as if it's a mirror. As I go to open my mouth it does the same, is it me?! I fall back and look up fixed to the creature. I then see the creature is slightly see through like a hologram, an illusion. I pick myself up and scrunch my eyes shut and run into the gloomy figure.

I flew straight through, and I'm greeted by a blinding bright light. My eyes slowly adjust and a large treelike man appears. He laughs and it bellows through the room. 'congratulations, you have reached the middle' I am left confused but relieved. 'who are you?' I curiously ask. He replies 'I am the guardian of this land my name is Casteil' he smiles. I then ask him 'how do I get out?' He laughs again and flings his hands high in the air and the walls begins to fall away. The path is now obvious to me and I run to the exit. I look back and realise what I've overcome and remember what p told me. 'It won't last forever' this is definitely true and I will never forget that labyrinth I passed through. Although it seemed bad at the time looking back on it I have learnt a lot and if I ever need to face the labyrinth again I will know what to do and how to face it.
Epilogue

This story may seem a little strange, a made up land of tree people and goblins but the truth behind this story is very real. It's about anxiety, the labyrinth represents the mind and how you get stuck in your own mind and thoughts can consume you if you let your anxiety get bad. The goblin represents people around you (friends and family) and how they can help you with your anxiety but only you can solve it. Also when in the labyrinth I panicked because the walls made it seem like I was trapped. Casteil lowered the walls and revealed the exits this shows that if you calm down things soon become clear. Lastly the shadow creature Ansia is Italian for anxiety and represents the darkness in people. It shows that we can overcome dark time and that they are just thoughts that are not really real.

I hope you've enjoyed reading 😄