

Haley Frie

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Arrive Alive Essay

Picture this you're on your way back home from practice. You're so exhausted from conditioning that you're speeding to get home. All you can think about is showering and getting ready for bed—you're almost home when the phone buzzes with a new message. Despite knowing you shouldn't check your phone while driving, curiosity got the better of you. You glanced at the screen, seeing a text from your best friend asking about the practice. At that moment, you made a split-second decision to respond, thinking you could quickly type a reply while keeping your eyes on the road.

As you typed, the world around you seemed to fade away. The texting starts to consume you, making you forget the potential dangers of your actions. The text message, however, required more attention than you anticipated. Just as you pressed send, you felt the car veer slightly to the right. Panic surged through you as you realized you drifting out of the lane. In a desperate attempt to regain control, you jerked the steering wheel, but it was too late. The sudden movement caused you to lose balance, and the car collided with a tree on the side of the road.

The impact was jarring, and crunching metal echoed in your ears. You sat in shock, heart racing. The phone played on the passenger seat, and the screen cracked, but the message was sent. The reality of what had just happened began to set in. You had let a moment of distraction lead to a life-altering event. Fortunately, you emerged with only minor injuries, but the emotional and psychological scars would linger far longer. This experience served as a powerful reminder of the importance of staying focused while driving and the dangers that come from distractions, no matter how innocent they may seem.

