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A Child's Worst Nightmare

The room was full of complete darkness and the sound of my heart beating as I woke up to a strange *scritch-scratch* that filled the gloomy surrounding. Looking around the utter darkness, I imagined this figure in my room that looked like a person's shadow, except there was no person. I felt the room getting hotter and hotter or was it me sweating in my bed, unable to move.

As a kid you don't realize how insane your imagination is and how it can make you believe in things that aren't really there. Children tend to be very curious and can easily be scared to the point where it is too much to handle. Most kids will go to their parents to feel safer and that's exactly how I felt at this moment.

I looked around saying to myself that it's all in my head. However, I felt this craze of panic go through me as I ran to my parent's room and fell asleep on their floor. Lying down on the ground I thought of a movie I watched with my friend when I spent the night at her house.

About a month ago, inside my friend Rachel's room, we tuned into the movie *Paranormal Activity*. "Hey, my brother just got this movie from a friend would you like to watch it?" she asked.

"Sure, but I'm not a big fan of scary movies," I said.

“It’s not that bad Sam, I’ve seen parts of it,” Rachel said, as she inserted the movie into the DVD player.

While watching, I remember how I tried to distract myself by looking at my iPod. Although, my iPod couldn’t distract me for long; before I knew it my eyes were instantly hooked on the screen in front of me.

After watching half of the movie, Rachel and I had turned off the TV because it was 11:00 pm and it was time for us to go to bed. We left off at the part where this father started noticing horrific events that happened at night and it was hard to fall asleep after seeing such unusual things. In her room there was a strange darkness that haunted me. I could tell Rachel was scared too, but after lying down for a while I finally fell asleep.

In the morning, I woke up and found that Rachel was already awake, so I walked downstairs. I saw that her mom had made scrambled egg casserole, which tasted amazing. It had eggs, cheese, bacon, and sausage in it. I still can remember the taste of it and how it melted in my mouth.

“Sam do you wanna go outside to play?” Rachel asked me.

“Sure sounds like fun to me,” I Said.

Once we got done eating breakfast Rachel, her sister, and I all went outside to play on her trampoline. We tried to see who could jump the highest and of course I won. Running around outside was a lot of fun, especially as an 8-year-old kid.

After we all got our energy out, we went back inside and thought about what we could do next. Rachel suggested, “Let’s finish *Paranormal Activity!*” Therefore, we all got cozy in her

messy living room. There were huge clothes piles in her living room and bright red colored walls that surrounded us.

Turning the TV on Rachel's mom walks in and asks if we were crazy for watching the movie. Rachel said, "No mom it's a good movie at least so far". When in reality, we were both really scared but hooked at the same time. We both felt that the story was real, so we started to actually believe that there was a terrifying monster that lived in people's houses. Finishing the movie, I remember towards the end it got so freaky that this person fell down the stairs and another hung from a chandelier because of this so-called spirit or ghost named Toby.

After the movie ended, both Rachel and I were freaked out and scared. It was a cloudy day outside which made this moment feel even more terrifying, I felt groggy and anxious the rest of the day. Later Rachel and I decided that I better pack my things so I could go home and get ready for school the next day.

Once I was home, my parents could tell that something was up with me, but they never asked about it. Therefore, I laid in my room when I got home and took a nap in the cold air, not knowing that I wouldn't be able to sleep later that night or the rest of the year.

There I was once again. It was yet a month after seeing the horrid movie and I lay in my parents' bedroom again and again and again, for a whole year! My imagination ran a marathon of thoughts when I couldn't sleep in my own room.

I knew from the first moment of watching that movie that it was a bad idea, but I didn't expect it to ruin a year of my childhood.