You live in a box. You’re surrounded by four walls. Those walls are all you know. They keep you in, and the world beyond them out.

At least, that’s what you tell yourself. You blame the walls for keeping you trapped within their confines. You claim they are the reason why you know so little of the world around you, the one you’re so detached from. You know the truth though, even if you refuse to acknowledge it. The only thing keeping you locked up is your own fear.

You fear the outside world because you deem it strange and dangerous. As someone so used to routine, the mere prospect of interacting with a stranger, an unpredictable element, can leave you overcome with anxiety. You give yourself excuses to stay within the walls you know so well, where you can remain safe and in control. You refuse to pursue this world you know so little about, to have to learn what you missed out on earlier in life. Why would you, when you have everything you could ever need right there within your box.

But it won’t always be that way; you know that, and it terrifies you. Soon enough, the people around you, the ones who keep you sane in your loneliness, will have moved on with their own lives. So why not move on with them? Free yourself from this prison, this echo chamber, this personal hell of your own design where nothing changes. Is that what you want, to simply exist?

It’s time to stop being afraid. It’s time to step outside your box.