

Title: Boundaries

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Good boundaries are important. Most of the time, we think of ourselves when boundaries have been crossed. However, respecting someone's privacy and space is just as important. Just because you can look through someone's window or go through their trash, doesn't mean you should. The first one is illegal and the second gets your hands pretty dirty.

It's not okay to walk through someone's door unannounced - if that happened to you, wouldn't that be startling? That is not something you would enjoy. There is a certain amount of trust that makes society run. For example, we trust the others around us to use their blinkers when turning.

We trust that others have good intentions, but sometimes fail. However, there are people that aren't so great out there, and around them we have to keep our boundaries raised. And most importantly, we trust others here and elsewhere to treat us as people.

Life is hard and we shouldn't make it harder for others. Imagine if you experienced the same scrutiny you place on others. Sometimes it simply takes time to form a good idea. If you're experiencing anxiety, then the best thing to do is to take a breather. You can say, "Thank you, but I will have to finish this later." If the other person doesn't respect that, then make sure to take care of yourself first.

Sometimes, no matter what you do, someone will have a misconception about you. Maybe they have an insecurity that comes out. For me, I get a bit insecure around those who always have the perfect thing to say. As someone with social anxiety, I sometimes stick my foot in my mouth and wish that I was more well-spoken - sometimes I come off as blunt and abrupt, but sometimes I strike the right note. But that is something I can work on. It's nobody's fault but my own.

Sometimes it's hard when someone looks at you and projects their insecurities. You don't want them to feel bad and want to help, but at the same time, it's not your fault!