

## Andrew's Essay

Up until last year I believed that everyone was out to get me that everyone wanted to hurt me somehow. My opinion was that people could not be trusted. Then I started to open up, trust people, communicate with others, and rely on others to help me through daily life in this crazed world.

For as long as I can remember, I grew up not trusting anyone. Whenever I put my trust in someone, they would fail me and seem to let me down. After I started to trust myself, I began to see that I was able to trust more and more people. I began to realize that there are people out there who can help me. I learned that not everyone would fail me. If I didn't trust anyone and tried to run through life alone, I would end up failing myself. In the end I learned to open up and let my guard down. I allowed others into my life instead of being so segregated.

When I was having trust issues, I saw that communication with others such as my peers ceased to exist. I shut down and no longer socialized with them. Well, at first I had to talk with my counselor, and she helped me learn how to start simple, easy conversations with people. Eventually, I learned how

to ask for help without being afraid of being rejected or told they could not assist me.

Finally, my problems with relying on others to help me began to get in the way. I thought that if I asked anyone to help me with anything, I wouldn't get anywhere. I believed that no help was better than any help. Then I realized that there were truly people to get me through situations that I could not achieve by myself. I didn't fully rely on others, but I did enough help to get me through.

As a result of my opinion about others, it led me to a hard beginning in life. I learned that not everyone is out to get me in trouble and that trust is mutual. I changed the way I thought about others and stumbled upon a new chapter in my life. By changing my views on how people really are and how they can truly help me achieve, I benefited by that simple change. I found that other people can help me accomplish my goals—all because I changed my opinion of others. In the end, I came a long, hard road, but the journey was all worth the hardships I endured.

Andrew Chock  
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