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A Guide to Social Safety

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A Guide to Social Safety

Angelika Cava

At some point in our lives, everyone has to deal with problems that are caused exclusively by other people. Let's face it. Humans are inherently shitty, even if we try not to be. We'll all hurt someone and we'll all be hurt by someone.

You might be wondering how to avoid this potential pain. You might have just experienced it, and it sucked, so you never want to feel it again. You might have given it to someone, and you're experiencing crippling guilt for your disgusting actions. You might have heard someone else's horror stories about other people. If you are any of the above, I have just the answer for you! Let's talk about some of the benefits that come from participating in Avoidance:

1. Almost 100% guarantee that you won't get hurt by someone you trust! *You won't trust anyone!*
2. You won't have to get to know people you don't like! *You won't get to know anyone!*
3. It could improve your imagination! *You'll be alone a lot; what better to entertain you than your own mind?*
4. While there is a chance of accidentally insulting people by ignoring them, you won't hurt them in a more painful way! *How can not talking be worse than saying the wrong thing?*

Sounds good right? Trust me, it is. And you can start becoming a member of the Avoidance club today! No meetings, of course.

First, only do the bare minimum of what is required of you socially. If you have any friends, say goodbye to hanging out with them. If you're forced to attend any family gatherings, make

sure you put on your best resting bitch face the whole time. Don't make any small talk with cashiers or waiters; only reply to them with one word answers. Honestly, it's best not to even look at anyone if you're in public.

If you feel the desire to start a relationship with someone, make sure you convince yourself that you're not good enough. Remind yourself about how socially incompetent you are or have become. Don't be afraid to think of yourself as ugly or unlikable, and don't be afraid to assume the person in whom you are interested thinks those things about you. When loneliness consumes your mind, remember the pain other people have caused you, and then magnify it by one million.

Unfortunately, taking part in Avoidance does come with some negative side effects:

1. Not having a social life. Ever. No trying on new outfits with friends at the mall, or drinking with buddies at the bar. If you ever want to try out a new restaurant, you'll be getting takeout alone. Forget the prospect of going on a date with the hot guy or girl you sit next to in class.
2. Loss of self-esteem. Hey, the best way to stop yourself from talking to someone is to live in a world of complete and isolated shame. You may not have confidence, but nobody will hurt you but yourself!

But these little problems are worth it if you never have to experience rejection or ridicule again, right?

So don't be afraid! To start your free trial of Avoidance, all you have to do is run to your room and lock yourself in it! Make sure nobody else is with you!