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Subject

Date

### Quitting is not an option

I used to fear large gatherings. Was the underlying reason for this fear, avoidance of people? Or it was about something related to my fear of what other people think or the expectations of being accepted by others. The challenge of facing fear made me realize that it is okay to get out of your comfort zone but not to quit.

And I panicked as I entered the room, hearing all the murmuring, thinking they were talking about me. Going down memory lane five years ago, I tried my best to please people at a new place as I felt like an outcast, I tried to fit in as much as I could, and I started to relate my worth with how people treated me. I felt important if people were happy with me and unimportant if someone was not happy with me.

Thoughts blurring my mind, probably not sure if I should quit or not. Soon, this fear of not being able to please people and being rejected by them took a toll on me, and I started to miss my work as I thought there was no use in doing it, which eventually made me quit my internship. This experience had a huge impact on my life, and I thought I would never be able to make people happy by meeting new people; they might not like me and thus made me quit on opportunities.

At first, I was angry with the people in my workplace as they did not see my worth and were responsible for making me quit. However, upon further reflecting upon my feelings, I realized that it was not the people that were wrong, it was my negative perception about what

people think, and I decided to start a new job. At this new job, I started reflecting on my feelings toward other people's attitudes, which made me realize that it's not always the negative feeling that people might have toward someone. I started participating more in office gatherings, further improving my performance. I realized that everyone could have a different opinion about someone, and that opinion usually does not lead to people rejecting you. This reflection made me realize that getting out of your comfort zone is okay, but it's never okay to quit.

At Yale, I want to polish myself further by not quitting, as this college will help me encounter the challenges that require getting out of my comfort zone. Furthermore, it will allow me to experience a diversity of opinions. In addition, admission to your college will help me develop my academic skills and challenge me to improve my interaction or communicative skills due to its diverse culture. I cannot wait to be a part of this diverse cultured Yale family.