

## Essay 1

Human interactions are an essential aspect of society. All through our lives, we interact with people whose behavior we do necessarily approve. During my undergraduate years, I had a classmate who was very self-aware, to the degree that raised the alarm. He was always on time and could note the minor inconsistencies of something; for instance, he could identify a person's shoes were not similarly polished, and one was better than the other one — such minor things I never paid attention to and found this behavior rather disturbing. Furthermore, during study groups, I feared to go to his place since everything was so organized to the point that if anything was slightly moved, he could tell and would disapprove anyone trying to put it back saying they would put it wrongly.

However, the person was always free with fellow students during both class and leisure hours. He was kind and empathetic, and many people from the class liked him. My first impressions of the person were to stay away from him at any costs to avoid unnecessary confrontations since I was confident, I could not keep up with the standards he portrayed. Despite this distant feeling, I was intrigued by his lifestyle, and I wanted to learn more about him. With time, my curiosity overwhelmed the fear, and I started to make meaningful contact with the person. It all started with study groups which were followed by gaming sessions. The study groups and gaming sessions brought us closer and open enough for me to understand his lifestyle.



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Learning more about the person helped me understand his behavior. I know we are not all created equal, and the variations we all possess serve to make us unique in nature. These differences should be respected and acknowledged as they add spice to life. The more time we spent together, the closer we got, and by the second semester, he was my best friend. Our behavior complemented each other, which only served to bring us closer. Later, I came to learn that my best friend suffers from a certain degree of Obsessive-compulsive Disorder. OCD is a common psychological issue in which a patient exhibits repetitive tendencies to certain activities. His condition is, however, not as severe as true OCD cases, but he possesses some of the symptoms such as excessive neatness and sticking to a particular routine.

My initial reactions to this person can be attributed from my perceptions. I know that people conflict due to the illusion of inferiority set by standards. When a person feels inferior to another, they more often than not feel demeaned, thus, creating a possibility of conflict. Being an introvert, I am not good with conflicts, and I do my best to avoid anything that might trigger them. This notion led to me avoiding the person initially, but with time, I embraced his differences, and we happen to be best friends now. Additionally, my upbringing also plays a part in dictating my reactions. Ever since I was young, I understood that when people get disappointed, they tend to react negatively, which can be a source of conflict.

The person was very well organized to a point I felt he had his standards. I thought I could not keep up with him because I understood myself when it comes to routines. However, interactions are unavoidable, and when the moment came for him and me to mingle, I acted based on my childhood principles, which were, unfortunately, inaccurate. Furthermore, our interactions led to us becoming best friends. I understand that people are different and that the variations should be respected if we are to exist without conflict. Respect for a person's autonomy is the basis at which all conflict can be avoided.