

# Survival Is Blocking the Exit

## Refusing to Be Trapped in Someone Else's Debate

There are people who don't want conversation — they want containment. They use "dialogue" as a trap: a way to hold your time, your energy, your clarity hostage while they pretend to seek understanding.

These are the people who ask the same questions no matter how clearly you've answered. The ones who demand infinite patience while offering none. The ones who insist they're being "logical" while you're being "emotional." The ones who claim neutrality while defending the status quo.

### **\*\*This isn't dialogue.**

It's extraction.\*\*

What they want is your labor — the endless emotional work of educating someone who benefits from not understanding. They want to keep you explaining oppression instead of resisting it. They want to pull you into endless hypotheticals, devil's advocacies, "But what about—" cycles that go nowhere.

Debate becomes a tactic.

Conversation becomes a trap.

And your exhaustion becomes their victory.

### **Blocking the exit is a survival skill.**

It is recognizing that not every conversation is safe, or fair, or necessary.

It is saying:

"I see what you're doing."

"I'm not participating in this."

"I don't owe you my time or my emotional availability."

You have the right to walk away from conversations that endanger your mental or emotional safety. You have the right to opt out of debates about your humanity. You have the right to refuse to perform education for people who are committed to ignorance.

### **Walking away is not a lack of courage — it's an act of clarity.**

It means choosing rest over extraction.

It means choosing dignity over performance.

It means choosing your community's energy over someone else's intellectual entertainment.

Oppressive systems thrive on draining the people who resist them.  
Your job is not to be endlessly available for conversations designed to wear you down.

You are allowed to protect your peace.  
You are allowed to shut the door.  
You are allowed to say no.

Blocking the exit is not avoiding conflict.  
It's refusing to participate in harm disguised as discourse.