I deliver food.

One night, I was talking to my roommate and he told me about delivery services such as Doordash and Uber Eats. So, I started going around from restaurants to houses following the customers' instructions, either handing it off to them or leaving it at their door.

Driving can get pretty frustrating sometimes. There's the slow driver over here, the erratic driver over there, and the driver who seems to hit their brakes for ghosts. All-in-all, it should be a relatively easy, albeit annoying thing to ignore and just go with.

As I discovered, it wasn't for me.

One day, whilst dealing with those drivers, I started to feel myself get irrationally angry—I was experiencing road rage.

I had never gone through that before, so I started looking for reasons, and it turns out I was incredibly stressed out. Losing your voice from screaming so much, knocking your rear-view mirror down, and throwing things stressed out.

After learning that, I started seeking someone to talk to, and I ended up finding myself in therapy, which has helped so much across the board—not just with managing stress.

If it weren't for that simple conversation with my roommate that one night, I would've never gotten into therapy and I wouldn't have helped myself in so many different ways.

It goes deeper than that.

While applying for the lease on my room, if I had answered a preference question differently, or if the lady going through and setting it up clicked something differently that she didn't bring up to me, I would've never had that conversation with my roommate. I would be in a completely different apartment, with completely different roommates, all that I was potentially only one click or phrase away from.

It's insane how something so small or insignificant that you would've never thought of could change your life forever without you even realizing it.

You could literally walk down one more aisle at the store and miss out on an entire family you never had. You could leave an hour earlier and then meet someone who you might know for the rest of your life.

I have a friend that I've known my whole life because our moms met over an online mommy board, and we just so happened to move to the same area they were in. If my mom would have not chosen to go on a computer the day they met, would I have ever even met my friend?

That's not even going into the chances of everyone being who they are.

So if my mom would've never met my friend's mom, if I would've done something differently to not get road rage that day awhile ago, if I would've never spoken to my roommate that night about delivering food, my life and circumstances could be completely different from what they are now, but I'll never know since it never was.