Often , reason " why not to " are just bad excuses. People may be afraid to leave their homes and families, to meet strangers in unfamiliar places, or to take chances. Maybe they don't want to try new ways of thinking, living, or experiencing life. They might not like to feel alone ,shy , or uncomfortable. But perhaps the specific " reason " aren't important. Consider both the advantages and disadvantages of each choice. Stay true to your values.