I survived solitary confinement. You can survive self-isolating.

Jason Reaume
Washington Post

The coronavirus pandemic has brought so many people closer to the edge. Yes, the coronavirus can come at any time, but to the millions who are in solitary confinement, the edge has never been farther.

I was in solitary confinement for 49 days. My cell was 60 square feet, with walls that were a foot thick. I was not allowed to have any contact with anyone. My only communication was through a small slot in the door. I was never able to see the sun or even feel the weather.

During my time in solitary, I found myself isolated from the world, but also connected to it. I had access to news and information from around the world, which gave me a sense of perspective.

One of the hardest things about solitary confinement is the lack of human interaction. I had to learn to rely on my own thoughts and feelings to get through each day.

As I reflect on my time in solitary, I realize that it was not just a physical isolation, but also an emotional and psychological one. I had to learn to rely on myself to get through each day.

While I am grateful to have been able to survive solitary confinement, I know that it is not something that anyone should have to experience. I hope that the experiences of those who have been in solitary confinement can help others to understand the impact of this form of punishment.