

Jessica Taylor

May 2022

Worry Shworry

There is no sound logistics as to why humans worry. The endless spiral of “what ifs” shouldn't belong anywhere in our skulls. Think about it. What is the *absolute* worst-case scenario? It always ends in death, death is the end of our lives. Earthly, of course, not whatever you believe happens in the great beyond. Even if we did factor in the consequences of the beyond, there is still little justification to worry. Whatever is after, will come. You cannot stop it. Surprise! Big shock, I know. You *cannot* change what you have done in the past. All you can do is take the consequences as they may, putting one foot in front of the other, and giving the best you can give every single day. We need to move forward, instead of looking back. So if there is no reason for us to keep looking back, if the worry we trap ourselves in is nothing but a limit on life, why do we do it? Why don't we realize how stupid it is?

By all logic, our lives will all end the same, and generally worrying is rooted in fear of the unknown, so why do people worry about things/events, when it is all guaranteed to end inevitably the same? In “Let Your Hair Down: Worrying is Illogical” Hannah Bohn even talks about the negative physical impacts of worry. “Chronic worrying can cause a series of physical health problems from fatigue, nausea and lack of concentration, to more serious consequences such as heart attacks” (Bohn). The Human obsession with control negatively impacts us enough mentally, that it can start to deteriorate us physically. Worry and stress cause new medical problems, and inflame already present illness. If you ask anyone with a chronic illness, they will be able to testify to an increase of symptoms with stress. In fact, control of worry and stress levels is one of the first things our doctors prescribe! They shouldn't have anything to do with

each other, the body and the brain, but they do. As much as we forget it, the brain does live in our body, and our body houses the brain, and all they want is to live together in harmony.

Ok, worry sucks, its stupid, whatever. What is the point? Trust me, I know, controlling worry is pretty freaking hard. The point of worry is to achieve goals, but the goals all lead to nothingness. They go hand in hand. Worrying to achieve goals, causes worry. All of our worry usually roots deep into the human need for control. In the long run, we do not have overall control of our lives. It can often feel like we are losing every way we have to steer our lives, and maybe it is that overwhelming “out of your hands” feeling that triggers more and more worry. We can’t control it, but we want to. Just look through a history book, wars happen, cults form, and religions deviate. We deny and deny and deny, but we do not like to be controlled, we like to control.

Beyond that controlling desire, there are a couple of other deep-rooted desires that humans tend to have. The Enneagram is a circular diagram of 9 different personality types. Unlike most personality quizzes, which focus on your behavior and how the world sees you, the Enneagram suggests how you view the world. The Enneagram number is determined by one’s greatest desire/fear, the sole reason for almost any action in life. I am a type 2, so I will use that. A type 2’s greatest desire is to be loved/accepted, while the greatest fear is being rejected/hated. Each person worries for a core reason, fear or desire. They might be like me and just be desperately afraid of being hated, they might be a type 3 and be terrified of being a failure, or they could be a 4, just wanting to be their authentic self, whatever this great, deep reasoning is, this is also usually the core reasoning behind worry.

All in all, there is no real reason that we worry. We should have evolved out of it by now. But I think we worry because we have too much wiring in our heads. If we dumb it down

enough. I understand this can begin with the question of the meaning of life. I am sure if I knew of one, my words may change. For now, however, we are stuck. In this unfortunate cycle of worry, that isn't really necessary.

WC: 759

Work Cited

Bohn, Hannah, and Author: Hannah Bohn. "Let Your Hair down: Worrying Is Illogical." The Daily Free Press, 30 Nov. 2021,
<https://dailyfreepress.com/2021/11/30/let-your-hair-down-worrying-is-illogical/>.