

“Worrying Less”

By: Jack Muellerleile

“**Worrying Less**” should be one of the goals of everyone who has yet to gain control over anxiety.

Luckily, this writer was exposed to two credible sources of advice very early in his training that were instrumental in teaching him ways to reduce to almost nothing the things in life that cause so much anxiety in folks.

Source #1 – High School

The instructor teaching his 10th grade Logic class had everyone conduct a month-long experiment. Each of us wrote down in a journal the things that caused us to worry. At the end of the month, each student reported just the total number of things he had written down and the number of those that had actually occurred. Our instructor recorded these figures on the chalkboard at the front of the classroom where we all could see the results. After all present finished calling out the 2 numbers, we added up each category and wound up with just 2 numbers reflecting the total number of things this class worried about during the month just past and the total number of those things which actually came to pass. Then, we divided the big number into the smaller one. Guess what? Of all the things this whole class worried about over an entire month only a bit more than 1% of them actually came to pass! The instructor pointed out that it is logical to assume from this experiment that only a bit more than one out of a hundred of the things over our entire lifetime that cause us anxiety are actually worthy of our concern. Further, since we don't know the one that will actually happen and can't therefore prepare for it, isn't it better to worry a whole lot less about them all and view the one which will occur as an unexpected challenge to take care of when it pops up? The entire class agreed and gave this instructor a standing ovation right then and there.

Source #2 – His father

During the summer preceding his trip to the faraway university campus that would serve as his primary home for the next 4 years, his dad talked with him about “stuff in general”.

“Freedom from worry” was among the topics discussed. He talked about that high school Logic class experiment. Then he reviewed the “Be Prepared” philosophy taught all of us years before making generally the following points:

1. Imagine the worst case scenario that could possibly occur;
2. Prepare a strategy to survive that event;
3. Get together and activate a gameplan to head off the problem or at least reduce its impact; and
4. Now that you have prepared for the worst and are working on the problem, stop worrying about it altogether.

Thereafter, he gave a pretty good “Pep Talk” on the same general subject (i.e. “fear of the unknown”) designed to boost his son’s confidence in himself. These were included in the points he made:

1. You are about to begin one of the most exciting adventures of your life.
2. You have been well prepared mentally, academically and physically for anything and everything that life away from home and university studies can throw at you.
3. You are well financed.
4. You are properly clothed & equipped.
5. The university and all of your professors are in business to ensure that you are given everything you need to be very successful.
6. Your mom and dad and your 4 sisters and all of your extended family here in St. Louis stand ready to back you up if needed on a moment’s notice.
7. You should expect to work hard, miss no classes, stay in good shape, get proper sleep, remain healthy, accomplish all that is asked of you without any difficulty whatsoever and emerge from this experience fully prepared to enter the work force as a top producer in any field that you choose.
8. You are ready. Go get ‘em, son.

And you know what? The above two sources were right.

Much later in life, this writer acquired a deeper understanding of things spiritual. That was icing on the “Freedom from worry cake”. He is 99.99% free of worries of any kind. And you can be too. Just follow the advice outlined above.

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