

Why Worry?

40%

of the things I worry about
will never happen, for anxiety
is the result of a tired mind

30%

concern old decisions
which cannot be altered

12%

center in criticisms, mostly untrue
made by people who feel inferior

10%

are related to my health,
which worsens while I worry

Which leaves...

8%

to be legitimate, showing that
life does have real problems which
may be met head on when I have
eliminated senseless worries.

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