

## WORRY vs. WONDER

*by Mike Harris*

"Worry" is a negative condition that affects the human being disruptively. It disrupts one of sleep and normal every day activities, and so creates a debilitating condition to normal ongoing life. Solution! Either do something about it or lock it away, handle the condition when it presents itself, period!!

"Wonder." For this word I like to substitute "What if." Upon reflection this also creates a disruptive condition. But it is positive in nature. All the progress of human civilization, from the discovery of fire to walking on the moon, and the cell phone computer, are a result directly or indirectly of "Wonder or What if." While this too is disruptive, it does not seem to have the same negative effect of "Worry." The results are positive. Yes the thoughts are annoying but not so pressing in their nature.