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The Joys of Anxiety

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The Joys of Anxiety

Nate was first introduced to anxiety in the summer of 2019. During that entire time, he suffered greatly under the existential threat of attending college. He couldn't work and had to quit his job. He gained 30 pounds. He had to start going to therapy. Yet in the midst of all of this, it was his college-educated brother Josh that would teach him to cope with the pressure and set Nate on the road to learn about the many joys of anxiety.

During Nate's first year of college, Nate's anxiety caused him to become paralyzed at the thought of forgetting something important. Nate fought back by doing his best to make it impossible for him to forget anything. He wrote down everything he still had to do. He started prioritizing tasks instead of games. He even began showing up to meetings 30 minutes early. Since that time, Nate hasn't been able to forget a thing.

Nate's initial problem resided in how he thought about the future. Anxiety made Nate think only of the worst outcomes for his every decision, even when everyone tried to convince him otherwise. Nate soon found out that only hard work and effort could help him avoid the inevitable.

Josh taught Nate another lesson during the summer of that year. At the time, Nate was quite fat. Josh put Nate on an exercise regimen for 2 months. It worked, and by the end of that summer Nate had started to look adequate. Nate's anxiety keeps him exercising every day now, lest he become fat once again.

Nate secured an internship at a museum the very next summer. While there, he made some mistakes. Nate knows that everybody makes mistakes, but his anxiety ensures he can never forget his. Thanks to his anxiety, every mistake is yet another personalized lesson.

I am a product of my anxiousness. For good or for bad, I live a schedule that makes me feel normal when I follow it, but horrible when I don't. That is what anxiety is for me though, my lows are the lowest, but my highs come more often because I've come to develop the right behaviors. All because of anxiety.