

**LIVE LIFE...STOP ANALYSING IT**

**Evelyn Methvin**

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A problem is just an unanswered question. What's the worst that can happen?

In becoming someone whose self-sabotage the good things that happen in life. Determined to understand the problem, I decided to speak to psychologists and learn why we are prone to thinking too. We cannot distinguish between illusion and reality.

Then you can make a plan to deal with it. It can become a vicious cycle, and you could put yourself at risk of anxiety disorders in the future. Your thoughts go in a loop like this: What if he fires me?