

Dear Alexander,

I want to write this letter to offer you a much-needed reminder - to stop worrying about things so much.

You tend to overthink and blow things out of proportion. You are too sensitive to minor issues and fluctuations and changes and meaningless differences occurring in day-to-day life.

I'll give an example. A few years back, you were very concerned with brain damage and your head. Every time you would bump it, you would freak out and start to wonder if you had developed brain damage. You would scrutinize every little detail and use it to confirm that you suffered a traumatic brain injury. Even today I was questioning the meaning of life and what purpose there is to live, and I began to worry about the enjoyment and purpose of the things I do. Then I realized that I hadn't gone outside and golfed as I normally would, rather I was doing homework, and then I had to run errands with my family. I hadn't done any of the normal daily activities I enjoyed, thus explaining why I was sad and a bit depressed today.

Injuries, disorders, abnormalities are all common occurrences in life. It is one thing to worry about things occasionally, but doing so excessively is an issue. I am writing this as a reminder so that you remember that making mountains out of molehills is simply no way to live. Worrying about the future is foolish, as doing so wastes the only time we have guaranteed in this life: the present. I wish you the best of luck, and I know you can do anything to which you set your mind.

Best wishes,

Alexander Davis