Being Optimistic about Pessimism!

-Nikita Madan, XI C

Are excessively upbeat people a nightmare to you? You're definitely in the right place!

You don't want to be told “things will work out just fine!” or “it'll all be okay in the end!” when things are so bad in the first place!

Complaining about the hitches in your life my no be such a bad thing after all.

**An insurance policy for happiness in the future**

Being optimistic implies that only the best will happen and if it doesn't then it makes it all the more terrible! Then you go around thinking 'How could this happen to me?

Pessimism makes you prepared for failure.

Pessimism generally gets bad publicity because it is perceived as being gloomy and morbid. But it doesn't necessarily mean anticipating the worst of every situation or blinding one to all that is good in this world. The axiom is to hope for the best and prepare for the worst.

Focussing on the worst-case scenario rather than the best-case scenario can help address an ucertain future.

**Defensive pessimism / Paraphernalia for handling the worst**

“If you expect the worst, you'll never be disappointed.”   
― Sarah Dessen, Lock and Key

Just thinking about the worst case scenarios can help you quash the anxiety creating power of these in the future.

It helps us deftly handle the curvballs thrown our way.

If you think that your parents are going to pick up all your not-so-subtle hints and are going to get you a new phone for your birthday, then you might be in for a big shock if they don't. But if you think that they won't give you a new phone this time around, then you won't be dissapointed when they don't and if they do, you would be pleasantly surprised! Now that is a win-win situation!

**Pessimism keeps you on your toes/ pessimism as motivation**

When we've been successful before and have a levelheaded expectation of being successful again, we're often lulled into overconfidence and indolence. Pessimism can give us the push that we need to try our best. Although defensive pessimists have low expectations, they are used as motivation to persevere and succeed.

**Pessimism helps you live longer**

Studies show that pessimists tend to live longer due to their cautious nature.

**A word of caution**

As they say, excess of anything is bad, don't let it take over your life. You don't want to get worked up about every small thing. And don't share your pessimisms with others who might not like it this way or may feel obligated to cheer you up.