

Dealing With Friends Who Are Convinced "Prophecy Is Being Fulfilled" and "Armageddon is Around the Corner"

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When I come across random people who think that the world is collapsing and everything is worse and worse with every breath they take I generally smile politely and remove myself from their presence.

When someone I care about adopts this mindset I try to pull them out of the darkness they got themselves into the best I can. Not limited to but I tend to use some variations of these arguments:

- You think nowadays is horrible? Get any history book and read it until you find the chapter on how people peacefully lived for millennia among unicorns and rainbows without worries, wars and diseases.
- Don't read, watch nor listen to the news for some time. You're not getting news anyway. You're getting stories filtered by corporate interests and governmental propaganda spiced with greed, violence and mind tricks to capitalise on your attention.
- Do not isolate yourself. Force yourself, if you have to, and spend as much time as possible with people you love.
- Move. Exercise. Play sports. Get yourself physically tired so you don't have energy to waste on imagining the worst possible version of the world you can think of.

As far as religion goes, in moments like these I try to avoid the subject altogether. It's a near impossibility to convince people to change their deep rooted beliefs even when they think straight. When their minds are clouded with dark thoughts and mixed with a hope that calling Jesus at 1-800-Jesus-Save-Us-All is a solution, I smile politely and keep my mouth shut even if I care deeply for that person. That discussion can only do more harm than good.