

Worry Doesn't Help

The Wanton Worrier worries a lot.
She worries about
War and
Waste and
What others want.
She worries what happens
Once we are dead.
The Worrier worries
Whether she'll be legally wed.
She worries about weapons.
She worries about weather.
The Worrier would just as soon
Worry forever!
Whining why not,
Wondering why,
Wishing too little?
Wanting too much?
Worries and worries,
Her hands are tied.
Wanting what's true and
Wondering who lied.
Wallowing in worry,
Wishing it weren't so,
Wanting something other than the way things show.
Wallowing in worry,
Whining her lot,
Wishing things different,
Wasting for not.
Woe is she!
Woe is the world!
Wailing and wailing about life and such,
The Worrier even worries
She worries too much!

by Amy Egenberger