



Student's Name
Instructor's Name
Course
Date

OBSESSION

Introduction

Obsession is a state of mind in which an individual thinks about somebody frequently or constantly, especially in a way that is not normal. It can create persistent disturbing preoccupation with unreasonable ideas in a human mind. Obsession is the negative form of passion. The latter is the positive aspect of life. It can take a person to a high level of living, whereas too much passion can lead to an existence with obsession. As a result, a person can harm or destruct himself/herself.

Attention Getter

Obsession is a form of addiction. It is closely tied with repetitive desires or actions an individual has. It often dominates one's feelings or thoughts in the form of a persistent image, idea, desire, etc. Similarly, addiction is the state of being enslaved either to a practice or habit or to some repetitive action that is physically and psychologically habit-forming. For instance, if an individual is obsessed with severe problems, he/she starts taking different drugs or narcotics, which can cause serious traumas. Thus, it is closely related with addiction (Chopra).

Obsession comes into human mind at some specific moments. Negative emotions like anger, hate, jealousy and even the positive ones such as love are some of the examples of the phenomena. One can compare it with a cuckoo that nests the emotion in others and, after that, at any time, can move forward and eat away the inhabitant's mind, soul and heart. For instance, when a person feels jealousy towards somebody, it can become dangerous. When a girl sees her boyfriend talking or flirting with another female, jealousy can come to the girl's mind, which can result in a dangerous situation. Thus, obsession can harm a human being (Chopra).

Body

Human mind can become a victim of obsession at any moment of life. In the current world, people are blindly afflicted with the latest fashion or modern traditions without understanding their deeper values. For example, in today's world, image is everything. As a result, it is quite important for lots of people to get attention by their looks. Thus, body image is a fast growing fad all over the globe nowadays. The problem is that some people go the wrong way to obtain the image, and some of them reach an extent of hurting themselves to get the ideal appearance. Millions of Americans are obsessed with the same kinds of problems in the 21st century. Most of them are dissatisfied with their poor body structure and tend to distort the views about their bodies. Such kinds of obsession may have negative effects on people's minds and become the reason of depression, low self-esteem, poor health, sexual dysfunction and, sometimes, psychiatric disorders. Most of all, it can cause the eating disorder, which is frequently observed among the majority of women today (Harra).

In some cases, obsession becomes more than a parallel emotion for some human beings, and it works as a beast in a human mind. It immediately rips out our hearts and clouds our judgment. In such a situation, a person may take negative decisions to fulfill his/her needs, and it can have adverse effects.

Obsession plays an effective role in love life. Sometimes, too much affection and care turns into the obsession. For example, two people are in love that becomes more fruitful, so they decide to live together. However, a particular situation makes them totally cut off from each other. Their contacts become limited; they are finally banned to meet each other forever like Romeo and Juliet. Such situations cause obsession in both lovers, since they are unable to show the love that they feel for each other. Their love reminds a half ripened fruit located within their minds and hearts that suddenly starts to rot and causes pain. As a result, they are not afraid of rules and regulations of the society anymore as obsession takes complete control over their minds and bodies. They try to communicate with each other breaking the rules, which is only a side effect of the curse. However, disregard of regulations results in consequences. In the case of Romeo and Juliet, Shakespeare shows that obsession eventually takes their lives (Harra).

From my personal point of view, we should take a look at obsession when we ourselves feel it, because I think obsession has different layers like an onion. Therefore, it is not an emotion but a feeling. It does not start by itself; it originates from the person's wants and needs. All human beings are lustful creatures of God, and we all have desires, so we all have obsessions.

Scientists have proved that obsession is a mental disease. It opens heart to infection and makes it prone to different illnesses that can kill a person. Therefore, people should be careful with their anger and

emotions, because when they become enticed, it can significantly worsen the state of the a mentally ill patient (“Obsessive-Compulsive Disorder”).

Conclusion

From what has been discussed, one can come to a conclusion that obsession is a negative form of passion that can destruct a person’s life through addiction. According to another point of view, it can turn an honest person into a beast. Thus, everybody should control their emotions and personal feelings when they communicate or become closer to each other. It is also possible to control one’s feelings by controlling his/her personal desires and needs. As a result, it is possible to protect human mind from obsession.