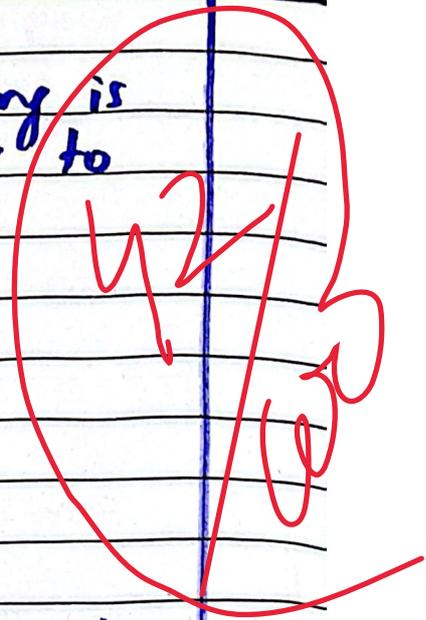


Good approach to the essay. Work on ensuring that the writing is formal throughout. Highlight your evidence with a separate pen. Ensure your words can be clearly read and are legible. Best of luck.

Sometimes nothing is the hardest thing to do



1) Introduction

2) Sometimes nothing is the hardest thing to do

2.1) Although it seems easy, not following one's thoughts can be the hardest thing to do sometimes

► OCD (Obsessive Compulsive Disorder)

(2.2) In relationships, sometimes, remaining patient and letting go, becomes the hardest thing to do

► "Rising Divorce Rates: A Global Issue"

(Research Gate)

(2.3) Spiritually, accepting the state of helplessness, and doing nothing can be the hardest thing to do sometimes

► Nirvana in
Buddhism

(2.4) In decision-making, sometimes, doing nothing is the hardest thing to do; as a desire to do something overrides, it merely fouls the old policy

► Metternich's over
regulation led to
disintegration of
Austrian Empire

(2.5) In diplomacy, letting others to make the first move and remaining patient being the hardest thing to do

► "Diplomacy," by
Henry Kissinger

(2.6) When revolutions arise, doing nothing becomes the hardest thing to do for the state sometimes

► Violent state reaction
against students'
protests ousted Sheikh
Hasina's government.

(2.7) In wars, sticking to defense lines becomes the hardest thing to do sometimes ✓

▶ Trench war in World War One

(2.8) Sometimes letting something organically evolve becomes the hardest thing to do; Pre-mature actions merely delay the success ✓

▶ Failure of 1857's war of independence as a pre-mature action that delayed independence for almost a century

(2.9) Sometimes, mere reporting of facts and doing nothing to entertain the people becomes the hardest thing to do in media ✓

▶ Case in point:
Indian news channels

(2.10) Sometimes, in sports, doing nothing and controlling the temptation for ✓

innovation is the hardest thing to do

- ▶ In Test cricket, leaving the ball early on is still the best way to approach the game.

3) CONCLUSION

Psychologists often recommend meditation as the best way to attain inner peace. However, many struggle to meditate for even minutes because it asks for idleness. It requires one to do nothing and control the temptation of any sort. Meditation reflects one common fact that sometimes nothing is the hardest thing to do. It implies that there are moments and situations where best possible approach is to remain patient and do nothing. Let the things around oneself to evolve organically. Any external influence or overstep would change the result in one's disadvantage. In contrast, it is hardest to do so in such situations. Remaining patient and doing nothing is often

viewed as a sign of weakness as one accepts the state of helplessness. Accepting oneself ~~helpless~~ in a situation is indeed hardest to realize. However, sometimes it is the best possible approach. Moreover, doing nothing might seem an easy thing to do, but sometimes it is not so. It is hard to control one's temptation. It becomes hardest while controlling the temptation of one's thoughts. In relationships, it is hardest to let go and remain patient. In decision-making, sometimes, it is hardest to let the previous policy continue and not do anything. In diplomacy, it becomes hard to let others make the first move. In wars, sometimes, more standing firm within defensive lines becomes the hardest thing to do. Similarly, in sports, in media, and with regards to revolutions, it is hardest to do nothing, control the temptation, and let things evolve organically, sometimes. Hence, although it seems easy, there are situations and moments, where sometimes it is the hardest to do nothing.

To begin with, although it seems easy, not following

one's thoughts can be the hardest thing to do sometimes. It refers to the situation where one struggles to identify oneself with one's own thoughts. where ~~not~~ following every thought produce perpetual anxiety. In such cases, it is recommended to not simply comply with the temptation of thoughts. For instance, a patient suffering from OCD, Obsessive Compulsive Disorder, struggles to merely do nothing as the temptation to do what the compulsive thoughts command grows high. In these cases, doing nothing is the hardest thing to do.

Besides, in relationships, sometimes, remaining patient and letting go becomes the hardest thing to do. Amid any argument, the more the one endeavors to prove one self right, the more the relationship weakens. In such cases, it is recommended to stay patient, let that heat of the moment die down, and let go the point of argument for a while. However, studies show, it is the hardest thing to do.

In one such research paper, "Rising Divorce rate: a Global Issue" published in Research Gate, it is stated that the one of the major reason of divorce is that either one or both the partners

lack patience during most of the arguments. The research papers highlight this fact, that sometimes, especially in inter-personal relationships, doing nothing is the hardest thing to do.

Moreover, spiritually, accepting the state of helplessness and doing nothing can be the hardest thing to do sometimes. Spirituality teaches me to accept the unknown fate where one is helpless. Constant endeavor to change or shape one's destiny would only bring inner conflict. Although it seems easy, but many struggle to realize it. For instance, the concept of Nirvana, enlightenment in Buddhism asks for complete sacrifice of one's desires, making one to yearn for nothing. However, how easy it might seem at surface level, it is the hardest thing to do in Buddhism and spirituality at large. Thus, sometimes nothing is the hardest thing to do.

Furthermore, in decision-making, sometimes, doing nothing is the hardest thing to do; as desire to do something overrides, it merely fouls the old policy.

when one is in command to bring change, one is almost always tempted to do more. In doing so, one merely oversteps and brings changes that not only foul the old policy but also expedite the ~~very~~ chances of failure. In such ~~position~~, it is hardest to do nothing when there is always room for improvement as commonly believed. For instance, Metternich's over regulation in Austrian Empire, finally led to disintegration and formation of dual monarchic rule, Austro-Hungarian empire. Thus, when in a position of ~~power~~, for one it is hardest to do nothing because of one's temptation to do extraordinary, but in mean time one merely fouls the old policy.

Additionally, in diplomacy, letting others to make the first move and remaining patient becomes the hardest thing to do. In diplomatic engagements, it is tempting to preside by letting everyone know one's position before hand. However, the best way to engage as written by Henry Kissinger in his book, "~~Diplomacy~~" is to let others make their move first. Play on backfoot to gain maximum dividends. Although

it is very hard to control one's temptation early on. Thus, in diplomacy, especially for inexperienced ones, it is the hardest thing to do nothing and wait others first.

Besides, when revolutions arise, doing nothing becomes the hardest thing to do for the state sometimes. Especially when the revolutionary fervor is still recent. It is often mistaken by the state that through violent crushing the revolution would die down. However, in most cases, revolutions are mere test of time. Not engaging with it, most of times, subdue the fervor itself. However, for the people in power, the hardest thing to do in such cases is nothing. For instance, the violent state reaction against students' protest led to ousting of Sheikh Hasina's government in Bangladesh. Thus, sometimes, although viewed easy, nothing is the hardest thing to do, especially when it comes to rising revolutionary and the state.

Moreover, in wars, shelling to defense lines becomes the hardest thing to do. Sometimes, curtailing the instinct of aggression during battles

is sometimes hardest to do although it remains but possible option. For instance, during WWI, the trench battles showed how remaining under trenches and doing nothing was the hardest thing for the soldier. As, even after enduring catastrophic casualties for inches of land, the soldiers pushed forward in suicidal attempts to inflict some damage to enemy. For them, the hardest thing at that moment was to remain idle and protect one's defense lines. Thus, sometimes, the hardest thing to do is nothing.

Furthermore, sometimes letting something organically evolve becomes the hardest thing to do; premature actions merely delay the success. It is the hardest thing to take the back seat and let things organically evolve until it is ripe for action. As it happens often, one resort to pre-mature actions and in mean time merely delay the success. For instance, 1857's war of independence in subcontinent was a premature, disorganized attempt against East India's company. This not only failed,

but delayed the independence for almost a century. Thus, sometimes it is wise to do nothing; however, it remains the hardest thing to do in these moments.

Additionally, sometimes, in sports, doing nothing and controlling the temptation for innovation is the hardest thing to do. In Test cricket, leaving the ball, not striking it, is the best traditional way to approach the game. However, in the modern time, it is the hardest thing for a batsman to do so. As temptation for scoring runs override, batsmen falls into the trap and loose the wicket. Thus, the insights from sports illustrate the fact, that sometimes nothing is the hardest thing to do.

To sum up, although it seems easy, there are situations and moments, where sometimes it is the hardest to do nothing. The temptation, desire, instinct become the driving force for doing something. Controlling it becomes the hardest thing to do especially when it comes to one's own

thoughts, to the people in power
in decision-making and the state.
Spirituality, diplomacy, medicine, and
sports, as well, illustrates this
fact that there are situations
where sometimes it is both ~~with~~
recommended and the hardest to
accept the idleness, do not do
anything, and let the things
outside evolve organically. In
wars, too, sometimes it is the
hardest thing for a soldier
to do nothing and remain
steadfast within the defence
lines merely. ~~Hence, besides,~~
~~superficial~~ Hence, sometimes nothing
is the hardest thing to do.