

# AI-01835 Refrain from Seeking Problems

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Tags	Life
Created time	@July 16, 2025 6:48 PM

Find a few similar expressions: "Don't look for problems where there aren't any."

1. **Don't borrow trouble.** (This is a very common and direct equivalent.)

2.

**Let sleeping dogs lie.** (This is similar in that it advises against stirring up a potential issue.)

3.

**Don't make a mountain out of a molehill.** (This is about exaggerating the importance of a small issue, which is related to creating a problem where there isn't one.)

4.

**Don't go looking for trouble.** (A more informal and direct variation.)

5.

**Stop looking for a fight.** (This implies looking for a conflict or problem.)

6.

**Leave well enough alone.** (Similar to "let sleeping dogs lie," it advises against meddling with something that is currently fine.)

## Living Well

1. Don't worry about getting sick when you feel perfectly healthy.
2. Don't create a complex schedule for a simple task.
3. Enjoy the present moment instead of dwelling on potential future challenges.

## Health

1. Don't diagnose yourself with a serious illness based on a minor, fleeting symptom.
2. Don't drastically alter your diet for a non-existent allergy.
3. Listen to your body and its cues, but don't over-analyze every ache and pain.

## **Relationships**

1. Don't assume your partner is cheating just because they're a few minutes late.
2. Don't start a fight with a friend over a harmless comment.
3. Trust your loved ones unless you have a concrete reason not to.

## **Jobs**

1. Don't worry about being fired when your performance reviews are positive.
2. Don't complain about a minor task that's part of your job description.
3. Focus on the work at hand rather than inventing workplace conflicts.

## **Finance and Investing**

1. Don't sell a good investment in a panic during a minor market fluctuation.
2. Don't spend hours trying to find a fractional-point better interest rate on a small savings account.
3. Don't worry about a non-existent economic collapse while your finances are stable.