

# Fear of water

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Water in the sea was transparent, too transparent: transparent so much that it was visible small floating on the bottom of the fish.

I took the course on the buoy. The farther I sailed from the shore, the worse it became to rush to the depth. Changing yourself at fear, I began to reflect on what he was called.

My fear was connected with the fact that the water in the sea is transparent and, if I look down, I can see, for example, floating past the cathrane, not to mention mystical images that pop up in my imagination.

It turns out some cognitive dissonance: when the sea is dark and nothing can be seen - sailing calmer than when the sea is transparent; At the same time, it is better to understand what you deal with what to stay in ignorance.

So in some life situations, sometimes preference is given to the state of ignorance in the hope that, what we do not notice does not exist.

Such a strategy is capable of even reduce the alarm, but self-deception is not a very good foundation to gain peace.