

Why Pay for Psychotherapy When you can Queue?

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We live in a world full of people who are full of problems. Taking this into consideration, it is not surprising that this era is not overflowing with money, time or therapists to enlighten such a huge amount of desperate and psychologically unstable individuals. However, we all can agree on the fact that if there is something our world is full of, undoubtedly, that is long never-ending queues. At first sight, they may seem to be a torture instrument or one of the ordeals that slaves had to go through in Ancient Rome. Nevertheless, if one learns to appreciate the seemingly insignificant details that life provides, we may reconsider the role queues may have in our daily routines.

Supermarket queues are the longest and most stressful of all kinds of queues. Probably, if you have had the miraculous experience of arriving at a supermarket till and finding out that there are no queues, it may have puzzled you. Most of the time, this does not happen. No matter when you go to the store, there is always going to be a line of at least three people waiting for you to be a new participant in this boring yet unavoidable last stage of the weekly purchase. Nonetheless, the line leading to the till can work as a therapy session in which you have to learn to deal with certain emotions. For instance, you can learn how to cope with: obnoxious people, since queues are composed of strange individuals; stress, since queues commonly advance at a snail's pace; anxiety and emotional-dyscontrol, since when there is only one person ahead of you, you may be surrounded by tempting snacks which you will have to resist popping into your trolley. Just imagine, after one time experience at a supermarket exercising your patience, you will become a completely different person.

If this has amazed and excited you, just keep reading about queuing in banks! Or, as I like to call this type of queues, lines leading to the discovery of the real meaning of life. Queuing in banks is probably considered one of the most boring activities a person can experience; sometimes you have to go alone, no phones are allowed and you usually have to spend long minutes there. Nevertheless, it is in these situations that one can reach significant conclusions, after giving a personal dilemma 104 second thoughts (since there is nothing better to do). Moreover, the more time one spends there, the deeper the questioning and wondering gets. One of the deepest questions one may come up with is: Is it really worth being here? Is it really worth being at the bank when I could be spending this same amount of time with my loved ones? If you are lucky (or, actually, if you have had the misfortune of spending that much time queueing at the bank), you may have been able to answer some of these questions. Just think of Gandhi and Mandela, they must have had a long banking experience to come up with such profound questions and conclusions, and to become so enlightened as to deliver their people from the curse of colonization.

People deserve to get rid of stress and dilemmas, but (I think) they go about it in the wrong way. In order to get rid of their problems, humans should face them

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and learn how to cope with them. Psycho-therapy might be an option (too basic and by no means original), however queues are rough diamonds for problematic individuals. If the whole world were to profit from this ever engrossing daily activity; the stress, anxiety and desperation rate would decrease significantly. Moreover, most of humanity's issues would come to an end (maybe world peace would be achieved). In fact, queues are a worth-taking therapeutic opportunity rather than a mere bothering trifle in our hectic lives.