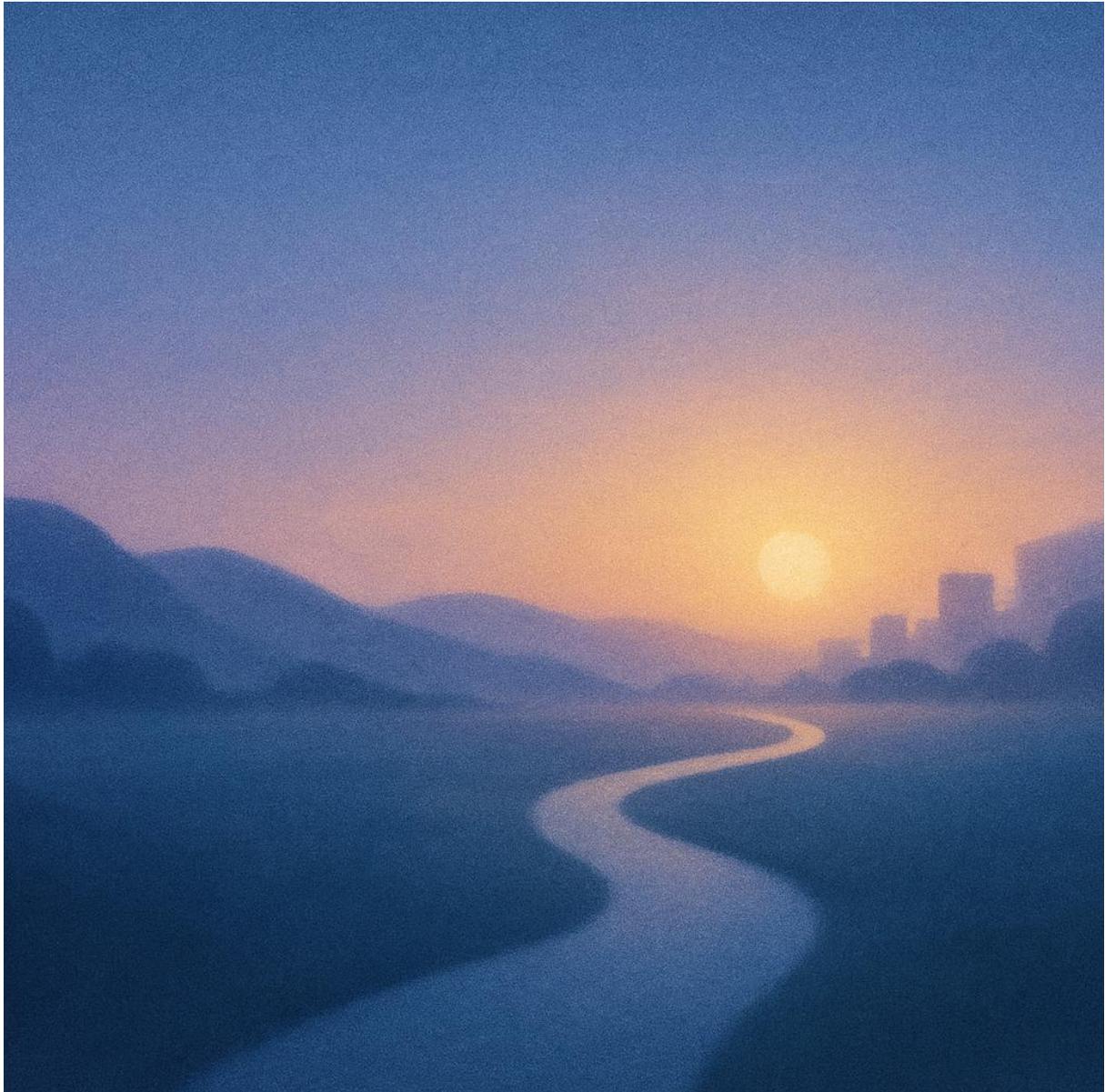


Why Life Feels Wrong - And Why You're Not Alone in Feeling It

Adam Tugwell | 6 March 2026



If you've found yourself thinking "*the world has gone mad*" or searching phrases like *why does everything feel chaotic, why does society feel broken, or why does life feel so hard right now*, you're not alone.

And you're not imagining it.

More people than ever are quietly noticing the same thing:

Something about modern life feels fundamentally off.

Some feel it personally - in their stress, exhaustion, or sense of disconnection.

Others feel it globally - every time they hear the news and wonder how things became so unstable.

Both experiences are real.

Both are connected.

And both are far more common than you think.

Why the world feels like it's going mad

Every day, people hear the news and feel a jolt of disbelief:

- another crisis
- another conflict
- another political meltdown
- another story that makes no sense

It's easy to assume everyone else is taking it in their stride while you're the only one thinking, *"This can't be normal."*

But millions of people are having the same reaction - *silently*.

The world feels chaotic because the systems behind it weren't built with stability, care, or long-term thinking in mind. They drifted into place through:

- short-term decisions
- political self-interest
- economic pressure
- fear and competition
- institutions that protect themselves instead of people

When you look at the world and think, *"This isn't how things should be,"* you're not being dramatic.

You're being perceptive.

Why life feels harder than it should

The pressure, exhaustion, and constant sense of falling behind aren't personal failures.

They're symptoms of a world that grew without intention or wisdom.

People everywhere are searching:

- *Why does life feel so overwhelming?*
- *Why do I feel lost?*
- *Why does everything feel wrong?*
- *Why am I struggling when everyone else seems fine?*

These questions aren't signs of weakness. They're signs of awareness.

You're not failing.

You're noticing.

You're not alone - you're early

One of the most damaging illusions of modern life is the belief that everyone else is coping.

They're not.

People across every background are quietly realising:

- the world feels unstable
- the news feels unreal
- society feels disconnected
- life feels harder than it should

This isn't a private crisis. It's a shared awakening.

You're not the last to see it.

You're one of the first.

In a world full of noise, not every voice is a guide

When people start looking for answers, they're met with a flood of loud, confident messages.

Some offer comfort.

Some offer certainty.

Some offer simple explanations for complex problems.

But volume is not wisdom. And confidence is not truth.

Here's the distinction that matters:

A message isn't trustworthy because it gives you words.

It's trustworthy if it gives you clarity.

When you encounter a voice - online, in media, in politics, in commentary - ask yourself:

- Does this message calm me, or does it agitate me
- Does it help me think, or does it tell me what to think
- Does it offer direction that feels grounded, or does it rely on fear
- Does it strengthen my confidence, or does it make me dependent on the speaker
- Do I feel more human after hearing it, or less

The right guidance doesn't shout. It doesn't rush you. It doesn't claim to be the only truth.

It helps you breathe.

It helps you reflect.

It helps you stand on your own feet.

The personal and the global are the same realisation

Some people begin with the feeling that their own life doesn't make sense.

Others begin with the feeling that the world doesn't make sense.

But both are doorways into the same understanding:

Something essential has drifted off course - and you're beginning to see it.

This is not a sign of despair. It's a sign of clarity.

And clarity is the beginning of change.

You're not imagining the pressure.

You're recognising it.

If you've felt that life shouldn't feel like this, you're right.

If you've felt that the world shouldn't look like this, you're right.

If you've felt alone in that thought, you're not.

More people are waking up every day.

You're not behind.

You're early.

And you're not alone.

Further Information

To explore more of Adam Tugwell's writing, including the online edition of this post, please visit:

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