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## Don't Worry About It

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## Don't Worry About It

### Abstract

This is a film review of *Don't Worry About It* (2023), directed by Melissa Kong.

### Keywords

OCD, Death

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### Author Notes

John Lyden is the Department Chair and Blizek Professor of Religious Studies at University of Nebraska Omaha. He has been the Editor of the *Journal of Religion & Film* since 2011. He is the author of *Film as Religion: Myths, Morals, and Rituals* (NYU Press), and the editor of the *Routledge Companion to Religion and Film* and co-editor (with Eric Michael Mazur) of the *Routledge Companion to Religion and Popular Culture*. He also co-edited, with Ken Derry, *The Myth Awakens: Canon Conservatism, and Fan Reception of Star Wars* (Wipf and Stock 2018).



**Don't Worry About It (2023), dir. Melissa Kong**

This short comedy-drama film follows Hannah, who suffers from OCD related to fears of contamination, resulting (e.g.) in excessive hand-washing. Her therapist gives her situations that will challenge her to overcome her OCD—such as eating a cookie that is resting on a toilet seat—which will ostensibly demonstrate to her that there is nothing to be afraid of. We then learn that her father died the previous year, and she has been unable to visit his grave—largely due to her own feelings of guilt for having avoided him when he was dying, due to her fear that she would be contaminated by him. Hannah wanted to “fix” her father’s illness, just as she wants to fix all possible situations of contamination—but there is no fixing death, in the end. She realizes that she has to give up the desire for control that her OCD represents, and accept her father’s death, which she also could not control. The final scene shows her kissing his gravestone, unconcerned about germs.

We may choose to face death (that of ourselves or another) with fear or denial, but in the end, death comes to all, and there is way to avoid it. This film teaches the lesson that to love those we have lost to death, we need to put aside our desire to control the end of life, and accept what comes—which is after all, not so different from letting go of our desire to control any other part of life.