

Surpassing Extremes- Good or Bad

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ABSTRACT

We are admonished since childhood, 'Do not cross limits.' Crossing limits is considered bad as it may result in a negative outcome. Excess of everything is bad- do not overeat, as it will disrupt your digestive system. Do not overthink, as it will drive you crazy! In our day-to-day life, we come across such advice quite often. But is surpassing extremes always bad? Had humanity not surpassed extremes, we would still be living in caves, not to mention stepping on the soil of the moon. This paper explores whether Surpassing Extremes is good or bad.

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There is a mad rush all around. Each one of us is in haste to surpass the achieved extremes. Be it academics, be it sports, be it target hunting in a profession, or even in crimes, all are competing fiercely.

A few years ago, on TV, the anchor was enthusiastically announcing the shootout inside the Rohini Courtroom before a sitting judge in which two criminals shot at another criminal who was brought for a hearing. This was a crime surpassing extreme!! Till now, no one had witnessed gunfire inside a courtroom where a session was beginning; we had heard firing outside the courtroom in the courtyard, but not before a sitting judge inside the courtroom where an offender is brought for a hearing.

Everyone is in a hurry, even the dons want to prove that they can surpass the daring done till date and above is a burning example of a don surpassing extreme!

Where are we all heading to?

Some say that it is development. We are developing by surpassing the extreme. Maybe, how else could we have come from a state where we used to burn coal in an earthen pot to cook food to a state where we have smokeless electric hot plates and microwave ovens, where we went from washing the utensils using ash of coal dipped in coir pieces to the utensil washing cakes using abrasive cloths, viz., Scotch Brite or even a step further washing the utensils in a dish washer. How else have we left behind getting tied to homes or telephone booths to talk long distance, to carrying telephones in our pockets and talking long distance while on the move. How else, the news which used to reach us after long periods through the newspapers, gets to us instantly, live at the moment of happening through TV or our mobile phones. We have come a long way from writing letters to WhatsApp chats.

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We have also come long way from strangulating or stabbing a person to shooting him down; we have progressed from rapes in hidden secluded dens to raping women in broad day light in public buses; we have developed from solitary sporadic murders to not so sporadic mass killing through terrorist attacks; from cheating a helpless poor to scheming frauds looting mass of people – We are, indeed developing, surpassing the extreme and the development is, indeed, continuing at neck breaking speed!!

Each one of us is in a rush! There is no time for stillness; otherwise, others will jostle and trample you down to move forward. You cannot be far from the maddening crowd; you have to move with it, not only move but run, run faster than others, as it is a mad race for competing and surpassing others. Run we must, whatever be our endeavour, good or bad, virtuous or evil, benefitting or destroying the society, we must surpass the extreme; go from one milestone to another, create history and then make this history- a thing of the past. There is no time for brooding, philosophizing, rationalizing, evaluating---this waste of time will push us behind in the mad rush.

This is the age of competition, and if you do not surpass others, you lose the race. You not only have to win the race, but you have to be the first, and for this, you have to surpass the extreme.

The race to surpass the extreme has come to stay, but is it good or bad?

This paper tries to find the answer!

Surpassing Extremes—The Need

Mankind is progressing speedily; we have touched the soil of the moon and are on our way to Mars. Artificial intelligence has already outclassed the internet and is soon going to make IT jobs redundant. The robots are going to replace the menial workforce. The world is progressing at neck breaking speed! Just imagine our journey from the Stone Age to the Moon Age!

How has it been possible?

Had the human race no urge to surpass the limits, we could have become extinct as dinosaurs! If somehow survived, we would have remained primitive and could still be living in caves rather than sitting in AC rooms and tapping on a laptop!

Barriers are for species other than humans, and humans have survived extinction because of their capability to break the barriers. The survival instinct was behind the restlessness to break the barriers. If we had to survive, we had to surpass the extremes. The vital need for surpassing extremes is for very survival.

Historically, our curiosity is directly linked to learning and survival. For primitive humans, curiosity and inquisitiveness were about finding new food and new places to settle to survive. Without the urge to surpass extremes, humans would have remained biologically and culturally primitive. Confined to a specific ecological environment, primitives would not have peeped out of caves, developed controlled fire, invented complex tools, or transitioned to agriculture, leaving other species highly vulnerable to natural extinction.

Primitives would have remained restricted to the warm, resource-rich environments of places like East Africa, unable to survive the freezing temperatures of Europe or Asia due to a lack of clothing, shelter innovation, or fire utilisation and without the drive to overcome food scarcity through persistent hunting, populations would be strictly limited by local seasonal food

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availability. Cooking increased caloric intake, which allowed for brain expansion; without surpassing that extreme, human brain size and cognitive capacity would remain stagnant, preventing the growth of mankind. Without the need to cooperate to overcome extreme environmental pressures, social groups would likely remain small, isolated, and strictly kin-based, precluding the development of larger tribal networks needing agricultural farming, large-scale manufacturing and trade.

Thus, the need to surpass extremes was the call of nature for humans; we excelled because we were curious to explore the unknown boundaries and could find ways to protect and grow ourselves.

If our ancestors hadn't been curious and hadn't tried to push beyond extremes, we wouldn't have invented electricity, aeroplanes, computers, or artificial intelligence. In other words, the urge to surpass extremes through the inherent human curiosity is one of humanity's most important driving forces for advancement. Without the urge to surpass extremes, we would be frogs in the well, well contented with the small world inside the well. Technology would not progress beyond basic stone tool making for hunting. There would be no development of tailored clothing, projectile weapons, or complex shelters, keeping humans entirely at the mercy of nature.

The need to surpass extremes arose because the human race wanted to survive. We could fulfil the need because of the inbuilt curiosity in humans. Mikael Heimann¹, professor emeritus of developmental psychology at Linköping University, says:

Curiosity is a key factor in human development, even from the foetal stage. Ultrasound studies show that we explore our bodies and surroundings even in the womb.

"Our brains are wired to take note of and be attracted to novelty. It's called biological novelty preference, and it forms the basis of our curiosity."

In fact, our psyche is so moulded that it feels restlessness when faced with the status quo!! As per psychological research, our brain is so wired that it challenges our comfort zones and fosters change by surpassing existing boundaries. This urge pushes societies to surpass limits, transforming struggle into innovation. Human ambition acts as a mechanism to conquer fear, pushing individuals to expand their capabilities and break existing barriers to remodel society into a better living community.

We want to investigate what is different, and that leads us further and develops our intelligence, which questions the extremes and explores ways to surpass these. The urge makes us innovate to reach higher heights by surpassing extremes, and we go from one apex to another, and the process continues.

Another fact that gives rise to the need is the human necessity. It is said that 'Necessity is the mother of invention', and out of necessity, we explore the unknown and surpass extremes.

Humans are by nature observant and curious! From ancient times, humans have observed nature and been fascinated by the mystery surrounding it. They saw birds flying and were curious to know how they do that. This curiosity and the need to travel faster led them to discover aeroplanes. Primitive men found that trees grow by themselves in the forest and were curious to explore whether these could be grown at their will. This curiosity and the need to feed a growing population led to farming. All advancements by humans from time immemorial

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have manifested because we surpassed limits which were seeded in our basic instinct of curiosity and the compelling needs we were facing. We zoomed to the number one position in the animal kingdom because of our basic instinct of taking on the challenges and surpassing the extremes, which stemmed from curiosity and compelling need.

While other animals adapt through physical evolution over millions of years, humans utilised a high degree of cognitive flexibility to mentally simulate threats and find ways to circumvent them and survive. Pushing into extreme environments (such as extreme cold, altitudes like Everest's Death Zone, or space) forced us to innovate. The urge to surpass limits has been the psychological engine of survival, development and growth of humans. Furthermore, we can also say that survival was not the only need which pushed us to surpass extremes. If humans only aimed for baseline survival, civilisations would have grown stagnant. By pushing past extremes (through exploration, art, and space expansion), humanity not only survived but it also continuously created new reasons to exist.

Psychological theories suggest that overcoming extreme odds requires immense mental resilience, pattern recognition, and self-awareness. When humans conquer an extreme—whether scaling a peak or creating a new technology—it triggers great pride, self-actualisation, and a sense of meaning that moves society forward. By nature, we, the humans, possess this urge to challenge the limits, and our success gives us motivation to take on further challenges. While survival remains the primary need, surpassing extremes is ingrained in the human psyche because the desire to conquer the unknown is biologically wired in us as a mechanism to expand functional capacity, enhance problem-solving, and overcome the stumbling blocks in humanity's progress!!

Lastly, the need to surpass limits is to gain self-improvement. Rancho Santa Fe² expands on this need:

Surpassing extremes is needed for personal growth, enhanced skills, and a deeper sense of accomplishment. One of the most profound benefits of pushing your limits is the opportunity for personal growth and self-discovery. When you challenge yourself, you learn more about your strengths, weaknesses, and true capabilities. This self-awareness is crucial for personal development, allowing you to set realistic goals and work towards them with a clearer understanding of what you can achieve. Every time you push beyond your perceived limits, you gain new insights about yourself, fostering continuous growth and evolution.

Pushing your limits helps build resilience and mental toughness. Facing and overcoming challenges teaches you how to cope with adversity and bounce back from setbacks. By regularly stepping out of your comfort zone, you train your mind to handle stress and uncertainty with greater ease, making you more adaptable and better equipped to tackle future obstacles. Challenging yourself often involves learning new skills or improving existing ones. This continuous pursuit of excellence enhances your competence and expands your skill set. The more you practice pushing your boundaries, the more proficient you become in various areas, opening up new opportunities for personal and professional growth.

Achieving goals that once seemed unattainable significantly boosts your confidence and self-esteem. When you push your limits and succeed, you prove to yourself that you are capable of more than you initially thought. This newfound confidence can

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have a ripple effect, encouraging you to take on even greater challenges and pursue your ambitions with renewed vigour. Cultivating a Growth Mindset.

Pushing your limits cultivates a growth mindset, the belief that abilities and intelligence can be developed through dedication and hard work. This mindset is essential for achieving long-term success and fulfilment. A growth mindset empowers you to continuously strive for improvement and innovation, both personally and professionally. By consistently pushing your limits, you can achieve greater accomplishments than you ever thought possible. Each milestone you reach builds momentum, propelling you towards even bigger goals. This cycle of achievement fuels motivation and ambition, driving you to set and pursue increasingly challenging objectives. Over time, these accomplishments add up, leading to significant progress and success in various areas of your life.

Thus, we have seen that surpassing limits was needed even for the survival of humans, and even today it is relevant for the further progress of mankind. It is needed for fulfilling human curiosity about exploring nature's mysteries, expanding the knowledge base and even for improving oneself.

While discussing the need, indirectly, we have learned the benefits of breaking barriers by surpassing the limits. Some more benefits are brought out in the following paragraphs:

Benefits of surpassing extremes

How mankind benefited

The human urge to surpass extremes prevented the human race from extinction and brought them from the Stone Age to the Moon Age. We have benefitted immensely from this human urge.

Needless to say, mankind's urge to surpass extremes has driven unparalleled advancements in technology, exploration, and human physiology. By pushing beyond physical and environmental limits, humanity has unlocked global connectivity and expanded scientific knowledge, transforming impossible thresholds into everyday realities. The world was made smaller through this human urge. The demand to survive hostile environments—such as the freezing depths of the ocean or the vacuum of space—accelerated the invention of GPS and satellite communications. These inventions resulted in conquering extreme distances and geographical barriers, leading to the development of aviation, high-speed rail, and the global internet infrastructure, thus making humans conquer distance and making the world a small place. This urge to surpass extremes is bound to make this universe also a small place, as we have already landed on the moon and are on our way to Mars.

Mankind is still progressing owing to the basic human urge to surpass extremes. Avenues are being explored to help humans with more and more comforts with minimal effort. Artificial Intelligence has already made inroads in several spheres to ease human effort. We already have artificial intelligence programs writing poems from scratch and making images from nothing more than a worded prompt. There are 3D-printed eyes, new holograms, lab-grown food and brain-reading robots.

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As artificial intelligence continues to perform jobs just as well as humans, there is a new industry to add to the list – the world of art. Researchers at the company Open AI have created software that is able to create images from just worded prompts.

Type in ‘a dog wearing a cowboy hat singing in the rain’ and you’ll get a host of completely original images that fit that description. You can even choose what style of art your request will come back in.

Apart from the revolution being brought by Artificial Intelligence, mankind is progressing leaps and bounds by breaking the existing barriers.

We have already conquered distance to a great extent. We can see and hear people situated thousands of kilometres away through video calling. But we cannot feel them by touch. Humans' urge to bypass limits will soon make it possible.

Science Focus³, in an article, posits how this is going to happen:

While modern technology allows us to communicate verbally and visually almost anywhere in the world, there is currently no reliable method of sharing the sense of touch across long distances. Now, a wireless soft e-skin developed by engineers at the City University of Hong Kong could one day make giving and receiving hugs over the internet a reality. The e-skin is studded with flexible actuators that sense the wearer’s movements and convert them into electrical signals. These signals can then be sent to another e-skin system via Bluetooth, where the actuators convert them into mechanical vibrations that mimic the initial movements. The system could be used to allow friends and family to ‘feel’ each other over long distances, the researchers say.

The above is only one of several progresses that will happen to mankind emanating from the human urge to surpass the extremes.

Sarwant Singh⁴ foresees the future scenario based on the human urge to surpass limits:

In the future, we can expect the arrival of contact lenses that can take pictures or video, universal language translator earbuds that allow us to communicate anywhere in the world.

However, the most powerful body augmentation will come from biological augmentation as a result of increased insight into our genomes, advances in IVF technology that may allow us to select the most intelligent embryos, and powerful CRISPR gene-editing technology, which may one day give us the ability to eliminate all heritable diseases.

Apart from the above body augmentation progresses, the wearable and implantable brain machine interfaces will result in fast thought process transference. Both wearable and implantable brain-machine interfaces (BMIs) are in development from organisations that include Elon Musk’s Neuralink, Facebook, and DARPA. These devices will dramatically alter how we communicate with each other. The slow thought transference will gain dramatic speed enhancement, BMIs will make this change and shall enable communication at the speed of thought in its full, unfiltered state. Mark Zuckerberg has described the following scenario: Today, when we share our vacation experiences, we upload photos and videos. With BMIs,

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I can share my full sensory and emotional vacation experience with my friends and family.

On the business front, we will see the rise of AI in our career settings as described in much work focused on smart factories, industrial IOT, and related topics. Most employees will have an AI counterpart with which they collaborate or through which their work is amplified. Some futurists predict that by 2026, companies will have an AI machine as a member of their board of directors.

Mankind's progress is fundamentally driven by a deep-seated urge to surpass limits, transforming struggle into innovation. This relentless push redefines our physical, intellectual, and existential boundaries, shaping the trajectory of human history, which has moved from the Stone Age to the super-modern Moon age.

In the process of crossing past extreme after extreme, mankind is where it is, and it is not going to stay here either, because humans are not comfortable with the status quo, and this urge pushes them to overcome each extreme!!!

While the progress of mankind is never stagnant, how are individuals shaping up?

Where does the urge to surpass extremes take individual human beings?

As individual human beings, we are enjoying the fruits of the progress of mankind and adapting to the newer ways of life thrown open by the progress accruing out of surpassing extremes.

When an individual himself/ herself accomplishes a feat which pushes mankind on the path of progress, the accomplishment leads him/her to a deep sense of achievement, inner transformations, and a profound connection to nature.

The urge to surpass extremes drives individuals toward profound psychological transformation. It propels people into deep self-transcendence, peak flow states, and resilient self-mastery, which propels them to break more and more barriers.

It is a human trait that each individual wishes to accomplish deeds that set them apart and make others look at them with respect. The desire for status is a fundamental human motive- people seek to receive respect and deference from others. This desire is competitive in nature; people not only desire to be respected but also to be accorded more respect and deference than others, which propels them to push beyond extremes and achieve unbelievable results.

When an individual excels by surpassing the extremes, he/she not only benefits mankind but also get a positive boost in himself/ herself. Self-confidence reaches high levels, and there is a feeling of elation. Conquering what seems impossible shatters your internal limits, permanently recalibrating your belief in your own self and builds profound psychological resilience.

The brain and body get rewired on surpassing extremes, and a person not only realises his/her heightened physical capacity, but also builds unbreakable self-efficacy. Confidence builds up, which pushes him towards more feats that surpass limits. It has snow balling effect!!

Surpassing extremes builds exceptional mental toughness, physiological conditioning, and deep self-awareness. By pushing past physical or emotional limits, you expand your baseline capacities, shatter self-limiting beliefs, and develop profound resilience.

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Needless to say, when you achieve the impossible, you become a case study, thought leader, or pioneer in your field, naturally attracting high-level networks and opportunities. You become a celebrity, and the world comes to respect you!!

Surpassing extremes manifests in success, and as posited by Madina Mammadova⁵, success directly affects a person's inner world. It is not only about external rewards and achievements, but also a process in which the person develops and perfects themselves. In psychology, success is analysed as the individual's use of their full potential and their attempt to self-actualise. Abraham Maslow's theory of self-actualisation plays an important role in this subject. Maslow emphasised that humans live not only to meet basic needs but also for a higher purpose, which is to use their potential at the highest level. Successful people feel better about themselves and gain more satisfaction in every area of life. However, the psychological effects of success can also lead to stress and pressure because sometimes balancing the influences of the external environment, social expectations, and personal expectations becomes difficult.

Surpassing extremes has its own negative results. Having discussed the vital positives about surpassing extremes, we now take on the dark aspects of surpassing extremes.

Surviving extremes—how it is bad for mankind

The human brain is continuously exploring the unexplored and is vigorously unfolding the secrets of nature. We are surpassing one extreme to another, and the process continues indefinitely.

We have seen how this human urge has brought us from the Stone Age to the Moon Age. Mankind has developed to dizzying heights, and we are still pursuing the path to keep on surpassing the existing extremes.

The foregoing paragraphs have elaborated on the positive side of this human urge. But has this urge always benefited mankind?

Answer is 'No'!!

If all was rosy after surpassing extremes, then how did Nagasaki happen? The atomic bomb was an offshoot of the human brain, surpassing the extremes!!

There have been many harms inflicted by the human urge to surpass extremes, and the following paragraphs dwells on this:

To start with, we have seen that this urge strengthened the survival instinct in humans and that made the human race survive, whereas other, more powerful species became extinct. You may be surprised if I assert that this very urge may take humanity towards extinction. The atomic bomb looms as a large threat against the annihilation of mankind.

Humanity's drive to exceed limits threatens our survival through anthropogenic existential risks. The pursuit of extremes manifests in runaway technologies, overconsumption, and unchecked geopolitical power, creating severe hazards that permanently curtail human potential and may tend to destroy the civilisation.

The human urge to surpass limits is encouraging artificial intelligence in all walks of life, and it is becoming alarming that a day will come when it will outwit the very humans who are creating it. It may happen that they are digging their own grave.

The race to develop Artificial Superintelligence (ASI) driven by corporate and geopolitical competition, presents existential risks. If systems surpass human intelligence without perfect value alignment, humanity risks losing control over its own creations, and these very human creations may annihilate them.

Tom Siegfried⁶ envisages such an eventuality if ASI progresses unchecked.

A vast literature already exists describing the threats that artificial intelligence poses to civilisation. Most such threats are minimal now, but as AI systems become more widespread, and both software and hardware become more sophisticated, AI's destructive potential will pose an accelerating threat.

If civilisation relies extensively on robots, a computer virus with AI capability could become a weapon for a malevolent cyberattack. If the attack is on a very large scale, affecting billions of sophisticated robots with a large degree of autonomy, it may result in human extinction.

And of course, putting AI in charge of things like nuclear weapons might easily become just as dangerous in real life as it is in the movies. Already, the military makes use of AI technologies and, in the future, will no doubt employ AI-powered drones and other robotic weapons with increasing frequency. "Military robotics could become so cheap that drone swarms could cause enormous damage to the human population; a large autonomous army could attack humans because of a command error; billions of nanobots with narrow AI could be created in a terrorist attack and create a global catastrophe.

Human urge to surpass limits may even go beyond creating AI annihilators and create even more dangerous entities, which may make humanity extinct!!

Tom Siegfried⁶ posits details:

Quantum computing is a much more powerful technology than AI and is still in its infancy. It poses even more serious dangers. Overhyped as it frequently is, quantum computing nevertheless might someday be able to perform specific tasks dramatically more rapidly than today's AI and supercomputers. One such task might be simulating the interactions of atoms and molecules in order to design new drugs or other chemicals.

Quantum simulation offers an exponential quantum speedup in understanding reaction mechanisms in molecules and probing the properties of new materials.

In malevolent hands, such power would also enable the design of more effective poisons. Using quantum computers, a novel pandemic agent could be engineered without the need for time-consuming ordinary chemical trial and error. There looms an existential threat to humanity arising from the prospect of being able to run quantum simulations on a quantum computer in the future!

Anders Sandberg⁷ has more to add on the threats posed by AI and nanotechnology, which have emerged out of the human urge to surpass the extremes.

Software-based intelligence (AI) may very quickly go from below human to frighteningly powerful. It has been proposed that an "intelligence explosion" is possible when software becomes good enough at making better software. Should such a jump occur, there would be a large difference in potential power between the smart system (or the people telling it what to do) and the rest of the world.

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This has clear potential for disaster if the goals are badly set. We do not have a good grip on just how dangerous different forms of superintelligence would be, or what mitigation strategies would actually work. It is very hard to reason about future technology we do not yet have, or intelligence greater than ourselves.

It may carry a risk which could be very massive and dangerous to humanity. This is a surprisingly under-researched area, and a big threat looms large if further research on artificial intelligence does not factor in the safety issues.

Furthermore, a major threat could be posed by the misuse of Nanotechnology. Nanotechnology is the control over matter with atomic or molecular precision. That is in itself not dangerous – instead, it would be very good news for most applications. The problem is that, like biotechnology, increasing power also increases the potential for abuses that are hard to defend against.

The most obvious risk is that atomically precise manufacturing looks ideal for rapid, cheap manufacturing of things like weapons. In a world where any government could “print” large amounts of autonomous or semi-autonomous weapons (including facilities to make even more) arms races could become very fast – and hence unstable, since doing a first strike before the enemy gets too large an advantage might be tempting. Maybe some maniac would eventually succeed in replicating nanomachines eating everything and create a disaster for humanity.

Thus, we see that the human urge to surpass extremes is likely to dig graves of humanity by creating *Bhasmasur* or *Frankenstein*, who may, one day, try to eliminate their own creator. Fictional Stories of artificial intelligence (like HAL 9000 or Skynet) turning on human programmers (who created them) reflect this possible threat and anxiety.

Peter Kotecki⁸, in his paper, mentions the Global Challenges Foundation's 2018 report, which foresees dangers to humanity arising from human attempts to surpass extremes. The potential dangers due to this urge, as per the report, are:

The emerging technological risks that cause potential threats through misaligned artificial intelligence, unchecked biotechnology, and nanotechnology. Also, humans’ quest to break barriers is likely to create weapons of mass destruction: The ongoing dangers of nuclear holocaust, as well as the potential devastation from biological, chemical, or radiological warfare, loom large to wipe out humanity.

We seem to be sitting on a volcano which can erupt and engulf humanity, and all this is because of the urge to surpass extremes. The human drive to surpass extremes leads to yielding catastrophic system failures, evolving self-destructing systems and ecological crises. This overextension blinds humanity to natural limits, turning ambition into a force of self-destruction.

It goes without saying that mankind’s relentless drive to exceed natural boundaries—whether scaling the highest peaks, extracting finite resources, or pursuing technological singularity—triggers severe setbacks. These lead to systemic ecological collapse, psychological burnout, and existential threats from unchecked artificial intelligence.

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This urge is posing a threat to the very existence of mankind, and it is our own creation. We have come a long way in this paper, where we have discussed in length the benefits and disadvantages accruing from the human urge to surpass extremes. We have discussed the extreme fruits borne out of the human urge to surpass the extreme. The urge has affected mankind from survival to possible future extinction.

I wish to close the discussion after stepping down from these extremes to our daily lives as individuals.

Surpassing extremes is the same as saying ‘Crossing the limits’, and crossing limits is not good for any individual on any front. Crossing the limit on eating leads to indigestion, excess exercise may lead to exhaustion, which may harm health instead of helping the body, and overthinking may lead to mental imbalance and so on... Girish Borkar⁹ elaborates on this:

Whether it is eating, drinking, exercising, working, etc, excess is always bad. Excess of anything always affects your physical as well as mental health. We are pursuing material objects through our sense organs, which too have their limits, and after a point, everything starts appearing like poison. Tasty food can give us pleasure, but if we overeat it can lead to indigestion and badly affect our health; similarly, excess money can lead to bad habits and so on.

Since our childhood, we have been admonished that ‘Excess of everything is harmful’. " This means that overindulgence in any aspect of life—even inherently beneficial things like water, vitamins, or physical exercise—breaks the body and mind's natural equilibrium, leading to toxic, diminishing, or destructive returns. Doctors do advise that drinking a good amount of water is essential for good health as it keeps the body hydrated, but drinking beyond physiological capacity dilutes sodium in the blood (Na⁺), leading to hyponatremia, which causes brain swelling and seizures. Also, it is a medical fact that overdosing on fat-soluble vitamins (such as Vitamin A or D) through supplements overworks and damages the liver and kidneys rather than boosting health. Furthermore, excessive physical exercise beyond the capacity of body may force the body into catabolic states, breaking down muscle tissue instead of building strength.

Remember that pushing your body past its physical limits forces it to tap into emergency reserves, leading to severe fatigue, suppressed immunity, or permanent musculoskeletal and cellular damage.

As individuals engaged in day-to-day chores, crossing limits is never advisable!!!

CONCLUSION

We have come a long way in acquiring an understanding of the impact of the human urge to surpass extremes.

While it is true that exceeding limits is not good in our day-to-day routine life, the leap to exceed extremes is vital for mankind. We have come to the Moon Age from the Stone Age, as humans have been continuously surpassing one extreme to another, and the process continues.

The vital need for surpassing extremes is for the continuous development of humanity. Without the urge to surpass extremes, humans would have remained biologically and culturally primitive. The need to surpass extremes has been the call of nature for humans; we excelled because we were curious to explore the unknown boundaries and could find ways to protect and grow ourselves, thus saving ourselves from extinction.

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We have made remarkable progress with astounding discoveries and inventions. The human quest to exceed extremes may one day lead to contact lenses that can take pictures or video, and universal-language translator earbuds that allow us to communicate anywhere in the world. AI has come to revolutionize the world, and the further rise of AI is creating turbulence in our career settings and has become a part of our working life. No wonder that in the future companies will have an AI machine as a member of their board of directors.

On the flip side, this human urge has devastated and annihilated mankind. Nagasaki stands as an example. AI is doing wonders, but it could also turn out to be an *annihilator* like an atom bomb.

This urge to surpass limits may even go beyond creating AI annihilators and create even more dangerous entities, which may make humanity extinct!! Quantum computing and Nanotechnology may devour mankind if some maniac eventually succeeds in replicating nanomachines eating everything and create a disaster for humanity.

So, we are poised with uncertainties, whether to curb this urge or give it a boost—curbing it will create a Status Quo which can never be acceptable to humanity and giving it a boost could endanger our very survival!!

But can we really have control over this urge? Can we curb or boost it? While this urge cannot be curbed or boosted, the aspect being researched can still be so regulated by governments that the urge to surpass the extremes does not take a destructive path. Take, for example, research on AI, Indian government has laid down seven rules to govern this research.



<https://www.pib.gov.in/PressReleasePage.aspx?PRID=2228315®=3&lang=2>

While humans cannot control the urge, their research can be guided through governmental intervention. The Indian government rule for AI safety says-

AI systems should be designed with safeguards to minimise risks of harm and should be robust and resilient. These systems should have capabilities to detect anomalies and provide early warning to limit harmful outcomes. AI development efforts should be environmentally responsible and resource-efficient. 'Lightweight' models should be encouraged

Despite governmental controls, one is never sure that the research will not fall into the hands of maniacs, and the danger looms large for humanity.

So, mankind will keep on marching ahead, surpassing one extreme to another despite the danger.

I end the paper with my strong belief that wrong paths will be avoided because

“Human affinity to human strength surpasses human affinity to human weakness” --- inspired by Prabhukrishna M¹⁰

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Conflict of Interest

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