Craig D. Lounsbrough, M.Div. LPC

Bobbing and Weaving

The Dance of Justifications and Rationalizations

Licensed Professional Counselor

Certified Professional Life Coach

We certainly bob and weave. We have this commitment to side-stepping and sidelining things that we find difficult, diminishing and a bit unsavory. We want to dictate our lives to the greatest degree that we can possibly do that. There is a sort of ‘sorting’ where we glean out, tease out and push aside that which we’d prefer not to deal with and embrace those things that we do. And at times such a sorting can take on proportions that become selfish, comfort seeking and somewhat egocentric. While we want to be wise in managing our lives, we also want to be balanced. We may want to consider that balance by asking ourselves a few questions:

If I were to be absolutely honest, how much overall control would I like to have in my life?

0 10 20 30 40 50 60 70 80 90 100

Percent of Control I Would Like

How much overall control do I actually have in my life?

0 10 20 30 40 50 60 70 80 90 100

Percent of Control I Actually Have

1. What priorities drive my decisions?
2. Is my intent to engage life or am I more about circumnavigating life?
3. Have I at some point become jaded, and if so how does that effect the way I deal with life?
4. Do I sense that I embrace truth as my guiding force despite the cost to me, or is my natural default to one of rationalization and justification?
5. Do I live with fear?
6. Am I driven by what I feel I *should* do, or by what I feel I *want* to do?