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Consequences – Trying to Side-Step the Inevitable

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We typically want our way. We want things smooth and unobstructed. And because we do, we’re not all that fond of consequences. Consequences are the frustrating and sometimes maddening repercussion of our choices that dampens everything. And because they do, we work to avoid them, deny them, work to circumvent them, or postpone them if that’s possible. Yet we seldom ask the question, “What are the consequences of avoiding the consequences?” And is it possible that avoiding the consequences creates the biggest consequences of all?

What do I dislike most about consequences?

What consequences have hurt me the most?

Did I find anything of value in those consequences?

If I did find something of value in those consequences, am I able to apply that lesson to other areas of my life?

What are the first two things I would do if there were no consequences?:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How valuable are consequences?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

How destructive are consequences?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

1. If I look at my answers to the above questions, what am I seeing?
2. Based on what I’m seeing, what would be two (2) initial goals I could set?
3. What would be the first step in implementing those goals?