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Kicking the Can – Ignorance, Denial and Stupidity

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Face it, there are just some things that we don’t like to do. We all have those irritating things that incessantly demand our attention. Every one of us has a collection of loathsome demands that keep throwing themselves in front of us. We all have those irritating things that are irritating because we know that they need to be done, and we know that we should have gotten them done a long time ago, and we know that we’d feel a whole lot better if we had gotten them done. But we don’t want to. Then there are the messes that we’ve made. There’s the colossal blunders, the erroneous missteps, and the self-centered choices that have turned on us. Then there’s the little messes that have grown into mammoth messes because we never took care of the little messes when we should have. And too often, we just prefer to ‘kick the can’ down the road a bit more. Below are some thoughts to help us learn to do something different.

If I had three wishes and could make any three things in my life completely disappear as if they had never existed in the first place, what would I wish to disappear?

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

If I were to rate the degree to which each of these three things irritate and bother me, how would I rate them? Feel free to indicate them as 1, 2, and 3 as indicated above.

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

How irritated am I with myself that I have not dealt with these things earlier?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

As I contemplate these three things, do I see a pattern that says something about how I deal with things I don’t like? If so, how does that pattern affect other areas of my life?

Think about one way you can begin to deal with each of these three things based on any patterns that you’ve discovered:

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