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Avoid Getting Caught in PJs: For Adults Only

by Dr. Brenda Boatswain

Children love to wear their PJs(pajamas). They love to wear PJs around the house even to school. But I am talking to adults and I am not talking about pajamas. I am talking about poor judgments (PJs). PJs are actions that result in the sabotage of your goals, purpose in life, relationships, freedom and happiness. Recall events of recent times in which there have been media coverage of poor judgments made by movie stars, music stars, professional athletes, political figures, and religious leaders. You may even know of poor judgments made by friends, family members, even yourself. Avoid getting caught in poor judgments by avoiding making them.

Poor judgment comes from not thinking a situation or decision all the way through. Put another way, poor judgment occurs when one does not think of alternative, healthy, mature perspectives and solutions to a situation. PJs result from not considering consequences of poor decisions or not caring about the consequences of poor decisions.

But the question is, “ How can people engage in this type of alternative, healthy, mature decision making mentioned above?” Many people can, except if there is some compelling cognitive disability or limitation, make healthy decisions. Our thoughts guide our actions. **Consider this approach: Stop, take a deep breath, and think it through.** Think of the pros and cons of your actions. Write out the pros and cons of your actions.

Seek professional guidance, if needed, to learn how to have alternative, healthy, mature perspectives to life’s stressors and situations.