The Consequences of NOT ENDURING HEALTHY STRESS

Avoiding healthy challenges does have consequences! By not accepting healthy challenges, such avoidance or limited action eventually leads to subtle and clearly evident problems. This supplement lists four major areas of consequences, all within our control to avoid. Yet we may not even consider the possibility for consequences.

Please take time each day to review the repercussions listed below. When done with the intent to strengthen your endurance for healthy stress, this review will surely help you meet the challenges, rather than suffer consequences.

WE DULL OUR SENSES

1. Reduces motivation and causes us to tire more easily
2. Discourages us from being productive/accountable
3. Allows us to be dishonest with ourselves
4. Makes easy tasks seem too difficult
5. Causes carelessness, greediness, and/or sloppiness
6. Weakens our ability to reason rationally/intelligently
7. Reduces interest in healthy endeavors
8. Causes us to miss opportunities
9. Contributes toward illness, injury, and other ailments
10. Numbs our ability to recognize wise direction

WE REDUCE EMOTIONAL GROWTH

1. Interferes with vital emotional learning
2. Contributes toward dysfunction and instability
3. Reduces attention toward important emotional matters
4. Hinders our ability to solve emotional-based problems
5. Enables bad habits and addictions
6. Inhibits our ability to get the best out of life emotionally
7. Reduces interest in achieving worthwhile goals
8. Allows us to accept dangerous conflicts of interest
9. Minimizes self-awareness and self-honesty
10. Increases more natural thoughts and behavior

WE STRAIN OUR RELATIONSHIPS

1. Enables us to be more impatient and disagreeable
2. Allows us to blame others for our own wrongdoings
3. Reduces our ability to see a need for compromise
4. Causes us to become more and more self-absorbed
5. Limits our effort to befriend or help others
6. Disappoints or embarrasses friends and family

WE CAUSE OTHERS' GRIEF

1. Requires extra effort by employers and co-workers
2. Causes others to worry about potential consequences
3. Increases the chance that our children will do similar
4. Interferes with others' ability to care for themselves
5. Adds eventual financial cost to community/society
6. Frustrates others who have endured healthy stress

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