



# Pause With Purpose

...to refresh

...to grow

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## Blind Spots

They called her "Butterfly". She was an avid environmentalist and nature lover. When a magazine reporter interviewed her, she was involved in a "tree sit-in", seeking to protect a grove of trees from being cut down. She spoke of her fervent love for the earth and nature. Because of her passion to live out this love in every area of her life, she could not use disposable napkins or support withdrawing oil ("the life-blood of the earth") from the ground simply to create plastic.

During the interview, the reporter took Butterfly's picture as she sat on a wooden platform in her tree, flanked by ropes and two ... plastic buckets.

While the contrast between Butterfly's stated passions and her specific use of plastic buckets doesn't negate the reality of her values, it does point out how easily all of us can develop "blind spots" - places where, outside our apparent awareness, our stated values and our behaviors fail to mesh. We don't mean to appear inconsistent or hypocritical. We simply fail to connect our core values to a particular area of our life.

On the positive side, blind spots indicate that we do have some identifiable core values. Yet, how easy

it is to lose sight of them! Consider, for example:

1. **Personal vs. business ethics** - The values we hold personally or in our home frequently fail to make their way into our workplace. It's as if success and good business practices demand a different set of values than those we otherwise identify with. Really??

2. **Love vs. control** - While we might proclaim the overriding value of love, we often get caught up in trying to "fix" those we love, judging and condemning some behavior or path, rather than seeking to understand them while sharing insight and encouragement bathed in love.

3. **Healthy vs. risky living** - Most of us value good health, yet we also engage in certain behaviors that put that health at risk - failure to wear seatbelts, sedentary living, smoking or illicit drug use, overeating, not wearing helmets during bicycle/motorcycle use, driving after drinking, etc.

4. **Child value vs. neglect** - Most of us would die for our children, yet we might withhold what is crucial for them - our time and focused attention. We can get so involved in other important things that benefit them (as well as others) that we fail to discern little hearts that are starving.

What would cause us to go blind in these areas of life and disconnect our behavior from our stated values?

Perhaps:

1. Our stated values aren't our real, core values. They represent what we think we should value, rather than what we really value.

2. We fail to recognize that our personal core values apply to all of our life - every situation, every circumstance, every minute. This is a hard reality that recognizes no exceptions.

3. At times, we hold what appears to be conflicting values and fail to synthesize them or prioritize what we hold most dear.

4. While we theoretically claim to hold values, we pay little attention to them and put little effort into living them out, allowing the pressures and forces of daily life to determine our decisions and behavior.

Having core values is a key element of having an identity. Demonstrating those values in our life is a key element in having integrity. Let's continue to grow in this integrity by seeking consistency in our thoughts, words, and deeds. Also, let's use the loving light of accountability offered by others to illuminate those areas of our life we may be blind to.



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## CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can assist you to be your best, personally and relationally, at home and at work.

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## Spirituality and Blind Spots

Butterfly fell into the common human trap of being "blind" to some areas where her actions did not reflect her values. She did, however, reveal a remarkable understanding of the important need for such coordination. She expressed how all of her relationships, decisions, and behaviors needed to display the grace and love she believed was the core of life itself.

Her understanding of the comprehensive application of values is noteworthy because many of us who claim a different belief system ( eg. Christian) often limit the influence of what we believe and value. We develop "pockets" of application, while remaining blind to the powerful impact they could have on other areas of our life.

As a result, we become full-time "belief" Christians, but only part-time "live-what-you-believe" Christians. Our identity becomes a confusing mixture of Christian and worldly. Not unexpectantly, other people become unsure about what is real and trustworthy about us.

We have, as Christians, the opportunity and calling to not only take on the mind and heart of Christ, but also to live out that mind and heart in every part of our life. Let's consider today what neglected area of our life needs to be blessed by the confident guidance of our beliefs and values.



"Search me, O God, and know my heart .... See if there is any offensive way in me ...."

- Psalm 139:23, 24

"A life which is unexamined is not worth living."

- Plato