

## OPTIMA EAP THOUGHT OF THE WEEK - 8/11/08

**“Look both ways when you cross the street,  
Left and right, what do you see?  
If no cars are coming, you're safe as can be.  
Look both ways, look both ways.”**

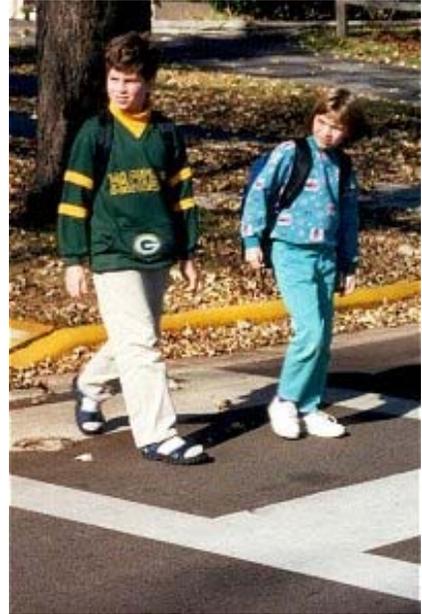
*~~ Geof Johnson  
(Lyrics to a children's song)*

Remember when you were a child and you were told to always look both ways before crossing the street? We were told that we would be hurt if we did not take a few seconds to look to the left and right of us before moving forward. As a child, we never realized how important it would be for us to continue to look both ways before moving forward.

Life is funny sometimes. You never know when you will need to make a decision that has an effect on your whole life. Something seemingly small, like looking both ways when at an intersection, can affect the course of your life.

Does that mean you should hide and not be forced to make decisions? Even if it were possible to insulate yourself and not take chances, would you get what you want out of life then? Assuming that you can hide out in a cabin in the woods away from any decision making, would you be happy that way? Probably not.

Given that you will have to make choices, making sure that you have all the facts before making a decision can help reduce the chance that you make the wrong choice. So, apply what you were taught when you were a child to look both ways in all areas of your life, not just when you are crossing the street.



**Optima EAP is available to provide assistance when one is faced with challenges in home or work life. Please call to schedule a confidential appointment with one of our licensed clinical professionals.  
1-800-899-8174 or 757-363-6777**

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