

The Conservation of Personal Stress

SPECULATIONS ON THE FIRST LAW OF PSYCHODYNAMICS

Deciding to adopt a policy generates stress because of possible negative and sometimes unintended consequences. It may turn out to be a policy for which a decision maker will be blamed. You might think that making case-by-case decisions would eliminate this stress by accommodating the anomalous situations which inevitably occur in life. You'd be wrong though. The stress is just distributed among all the case-by-case decisions.

If you want to eliminate the stress of case-by-case decision making, just enforce a policy without exception. But now you're back to the problem of the original stress.

IT SEEMS THAT STRESS IS CONSERVED.

