

# Is Your Head-Trash Causing You & Patients Headaches?

Each of us and those we come in contact with possess some degree of head-trash that keeps us from reaching our fullest personal potential, some more than others. You cannot shake your head and listen to head-trash rattle about, nor can you feel it piling up, but it's there. In time head-trash adversely affects the way we live among and treat others. This foul debris starts to rot our thoughts; it's like a mental suicide. What is head-trash you ask?

Head-trash is the conscious and unconscious accumulation of biases, stereotyping, and ugliness that spoils and clouds our minds towards others by distorting how we see those who appear different than us. Our common sense becomes nonsense. Think of head-trash as a computer virus or bug, an unwanted trashy electronic intruder that gets into your computer's brain causing it to act in strange ways, to the point of much anguish and frustration on your part. Further, that trashy intrusive virus infects your computer degrading its capabilities and usefulness. Reformatting your hard-drive and reinstalling your programs is usually the only cure.

Head-trash is no different. As trashy thoughts and beliefs enter and dwell within your heap of gray matter, your thinking becomes more polluted; your personal potential succumbs to internal decay. While your head-trash will bug others, it will bug you even more.

## Landfill versus Brainfill

Just as people dump their waste into landfills, they also dump head-trash into brainfills-their brains. This accumulation of head-trash adversely affects what we believe about others and how we associate and interact with them. Head-trash also affects how fairly we treat others. In addition, our powers of observations and objectivity, our ability to listen effectively, and our sensitivity and empathy toward others are compromised by head-trash. A little head-trash goes a long way, and it is frightfully contagious. Typically, head-trash starts with a childhood infection caught at home from family and friends, or at school, or place of worship.

Don't become a brainfill for head-trash. Check to see if you have any head-trash rumbling about that needs trashing? Shame the devil and tell yourself the truth. Check your mental dumpster. Reformat your body's hard drive, your brain and erase all that inhibiting trash and start afresh, you will feel so much better! I know I did.

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