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One-Action Follow-Thru

I once read an article that made me a better person, and I offer it to you.  It spoke about a concept called one-action-follow-through.  It was described as a Zen concept, based on the fact that any action we undertake has to be a completed, integrated, seamless action.  So ideally, we undress, we take off our clothes and immediately hang them up.  Ideally, we eat, we finish our food, and immediately clean our dishes.  One Action.

If we put our clothes on the floor and tell ourselves we will pick them up later, or if we put our dishes in the sink and tell ourselves we will wash them later, we are then creating a separate action, which requires a separate choice that is not connected to the initial action.  When we go about our next order of business & engage in other tasks, it is almost impossible to initiate the separate action necessary to complete the original task, because it is now unconnected & unrelated to the new things we are doing. Our brain has moved on, and is otherwise engaged. When we say we will finish something later, we are frequently and unknowingly telling ourselves a lie.

Of course, the terrible, unforeseen consequence of this is that our unfinished tasks are left for others in our lives to stumble over. The unfinished tasks are not part of their choice, or their actions, and they feel disrespected and enraged. A bad fight is soon to follow.

Many people have told me this concept has made a huge improvement in their relationships, as it has in mine. So, again, I offer it to you. I promise it will make a difference.