

What's the problem with being serious?

For many of us the concept of "seriousness" is a very serious concept ... It is important for us to seem serious in our workplace, to be focused, smart and capable of transmitting the right messages at all times: "I am serious!"

Is there anything wrong with "seriousness"?

Certainly not.

Often, focus, commitment, and descent into detail are great values that help us achieve results and even promote our hidden and visible goals.

So what is the problem?

The problem is that seriousness often becomes more important than us and is created in us as a default image or as a representative mask.

I would like to suggest a slightly different definition to seriousness. According to this definition, a serious person is a person who takes his goals seriously and tries to achieve quality in his life to the extent that he is sometimes willing to be a little less serious. A serious person is also a person who is ready to fool, laugh and laugh along with his readiness to win, to think, to focus and concentrate.

Take for example a senior manager who keeps a serious look at all times and is not willing to be perceived as a sociable or lighthearted person and therefore impaired his ability to lead his employees not through hierarchical guidelines. Another example is a spouse who refuses to be silly and to give up his image next to his wife because of his fear of being perceived as being serious and because of this, their marital intimacy is impaired.

A person who has got used to create a facade of seriousness all his life and in some cases is prepared to act differently from the way he is used to, is a person who proves he has serious intentions with regard to his development and readiness to grow and develop.

So what do we do?

1. Taking ourselves seriously and checking every situation, what are the things that matter to us, and what are the challenges that require our support and change.
2. Ask for feedback from two or three close people you have that you can rely on, and ask them where we tend to be "serious" instead of growing and changing.