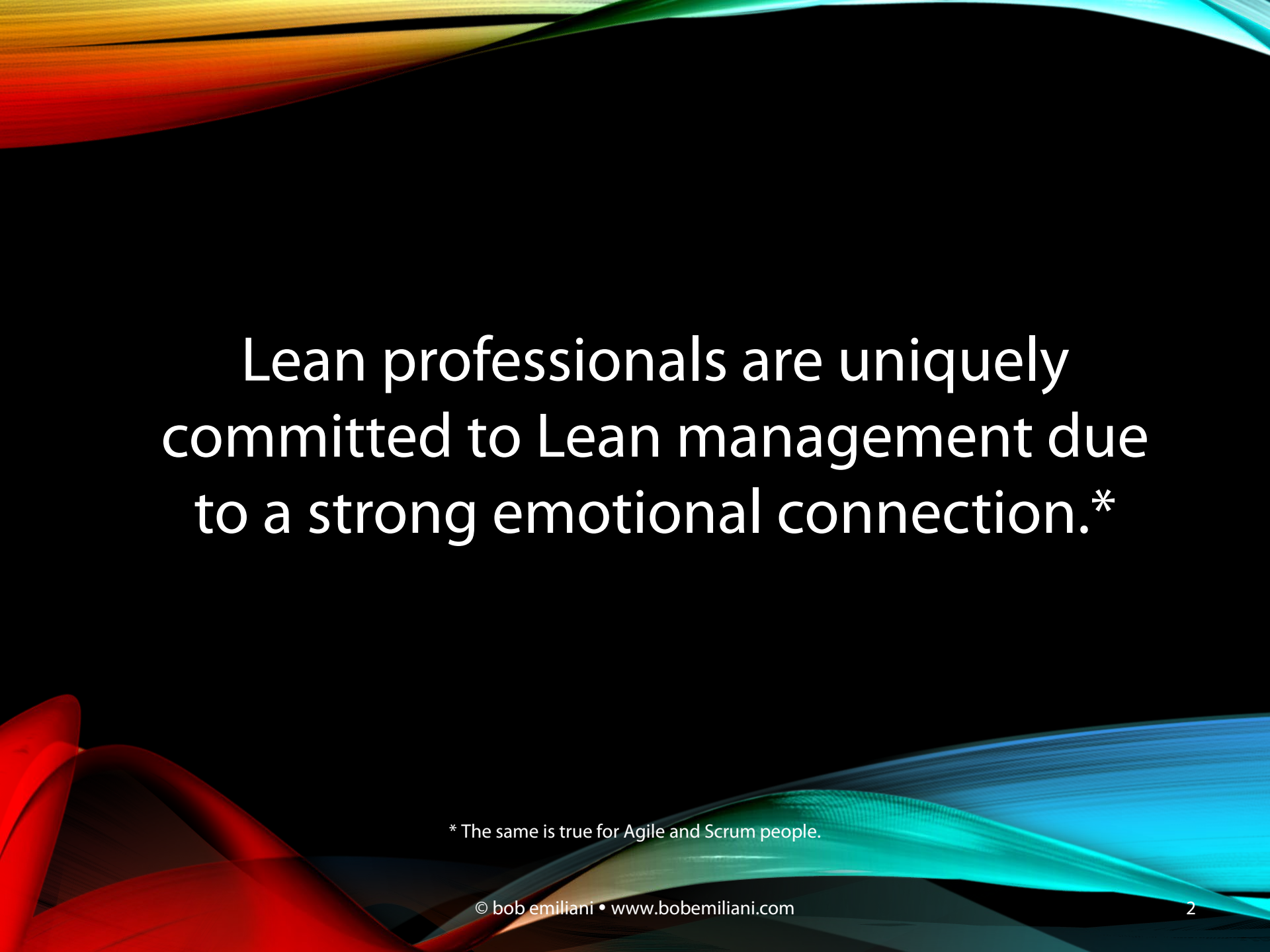# Your Emotional Connection to Lean

Lean professionals are uniquely committed to Lean management due to a strong emotional connection.*
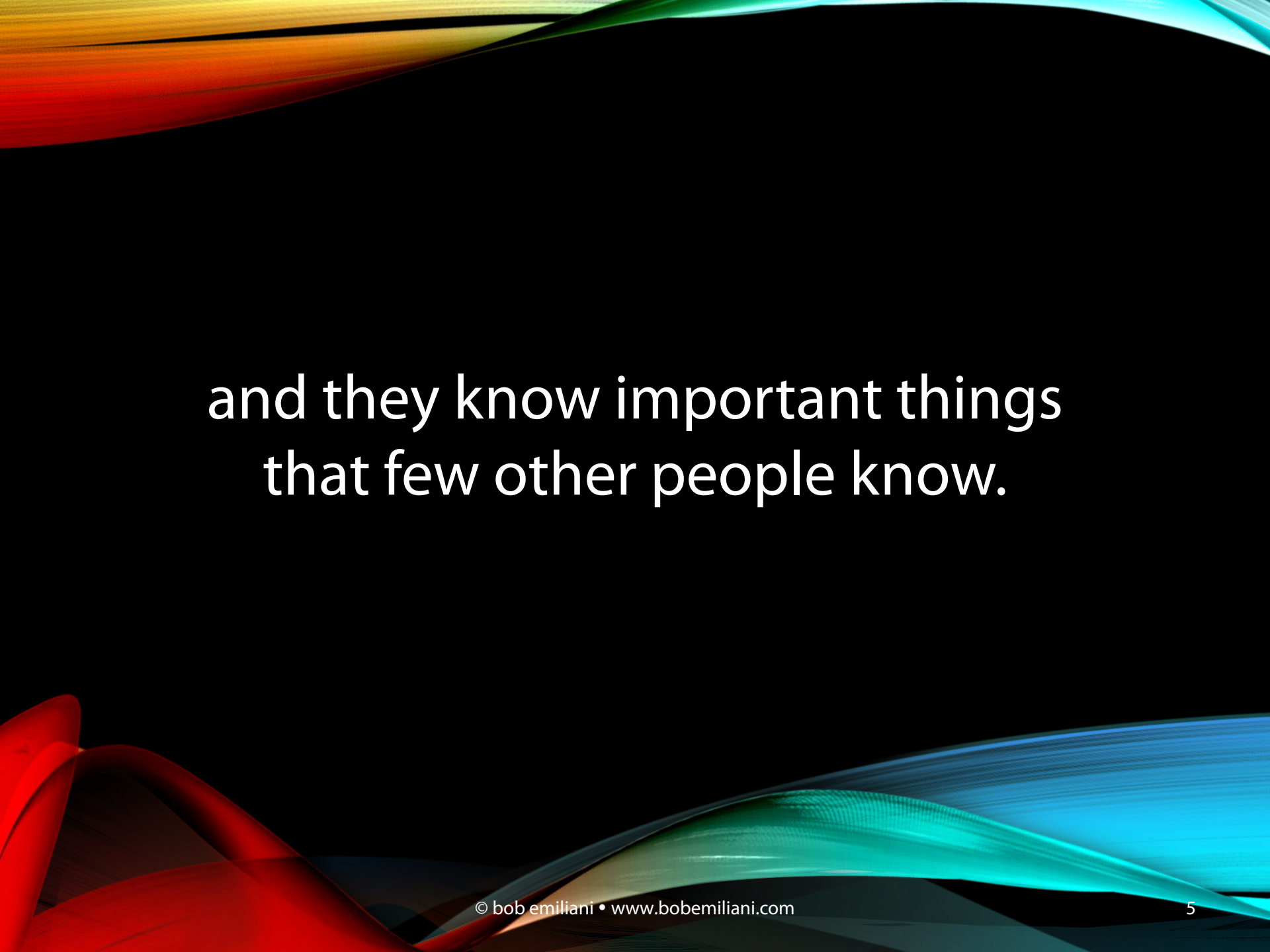
* The same is true for Agile and Scrum people.

Why?

They love the myriad wonderful possibilities that Lean presents...

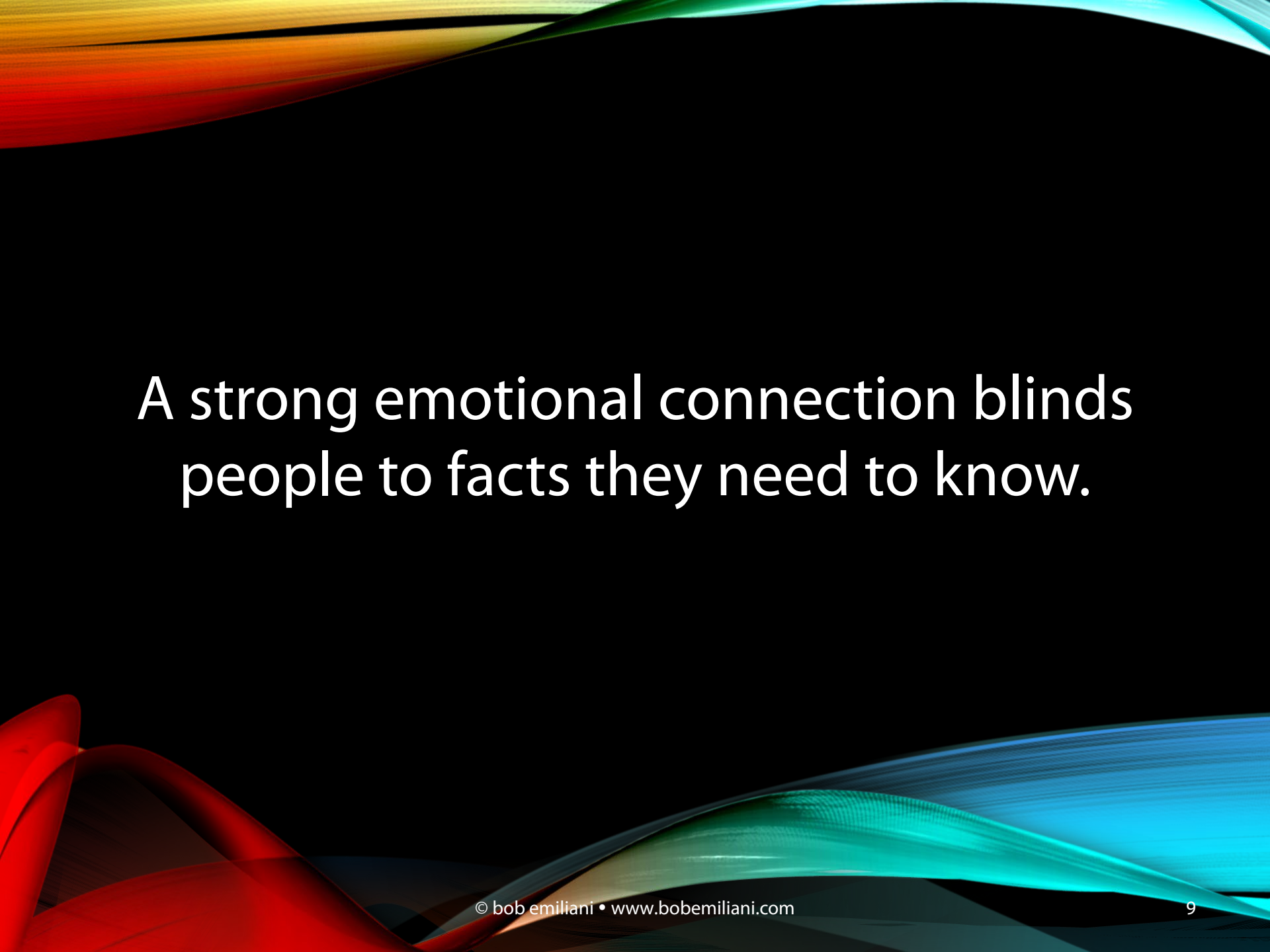# and they know important things that few other people know.

That imparts a feeling of superiority
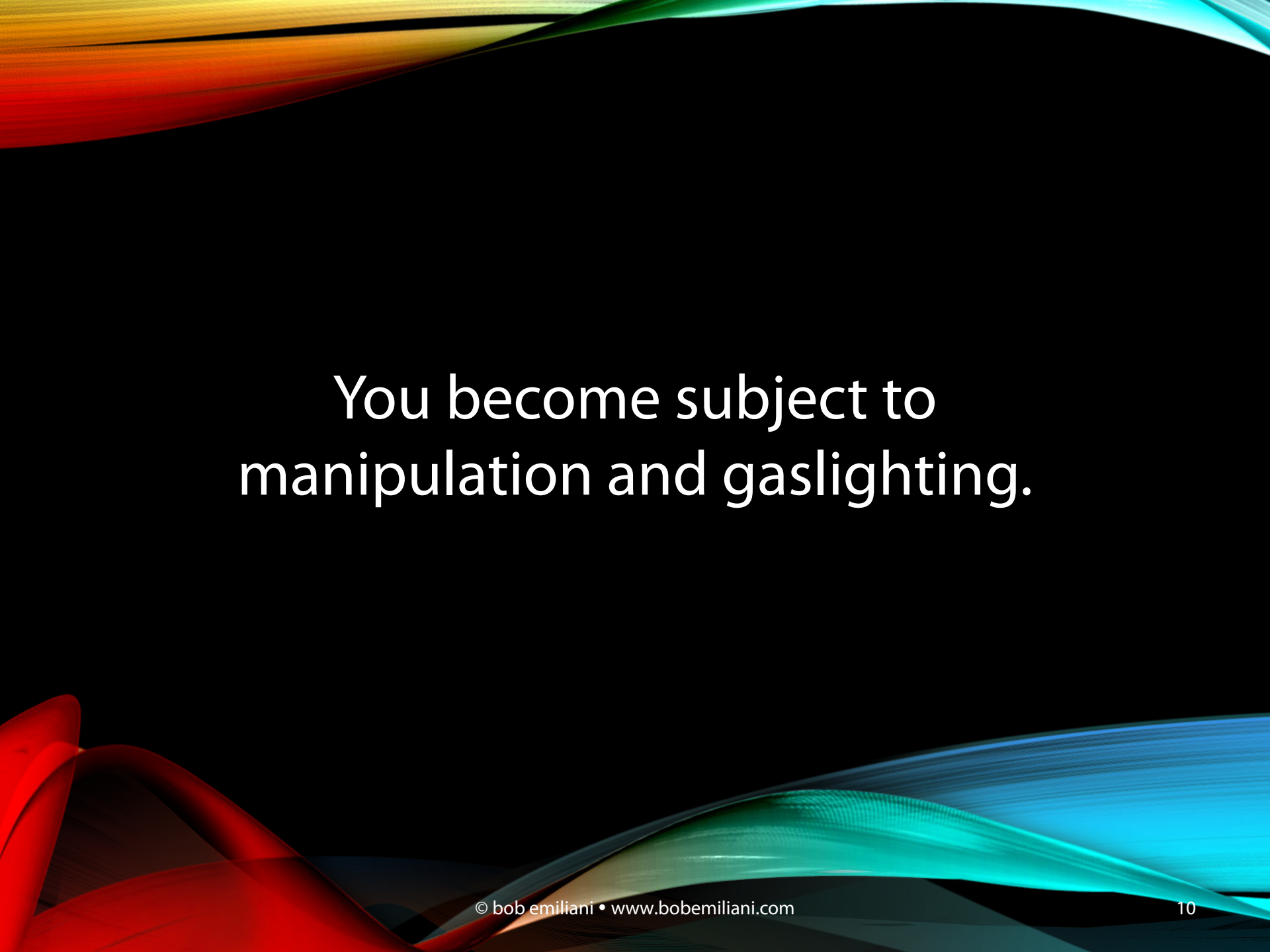(which causes different problems).

A strong emotional connection is great for commitment to Lean…

but not very good for improvement.

A strong emotional connection blinds people to facts they need to know.

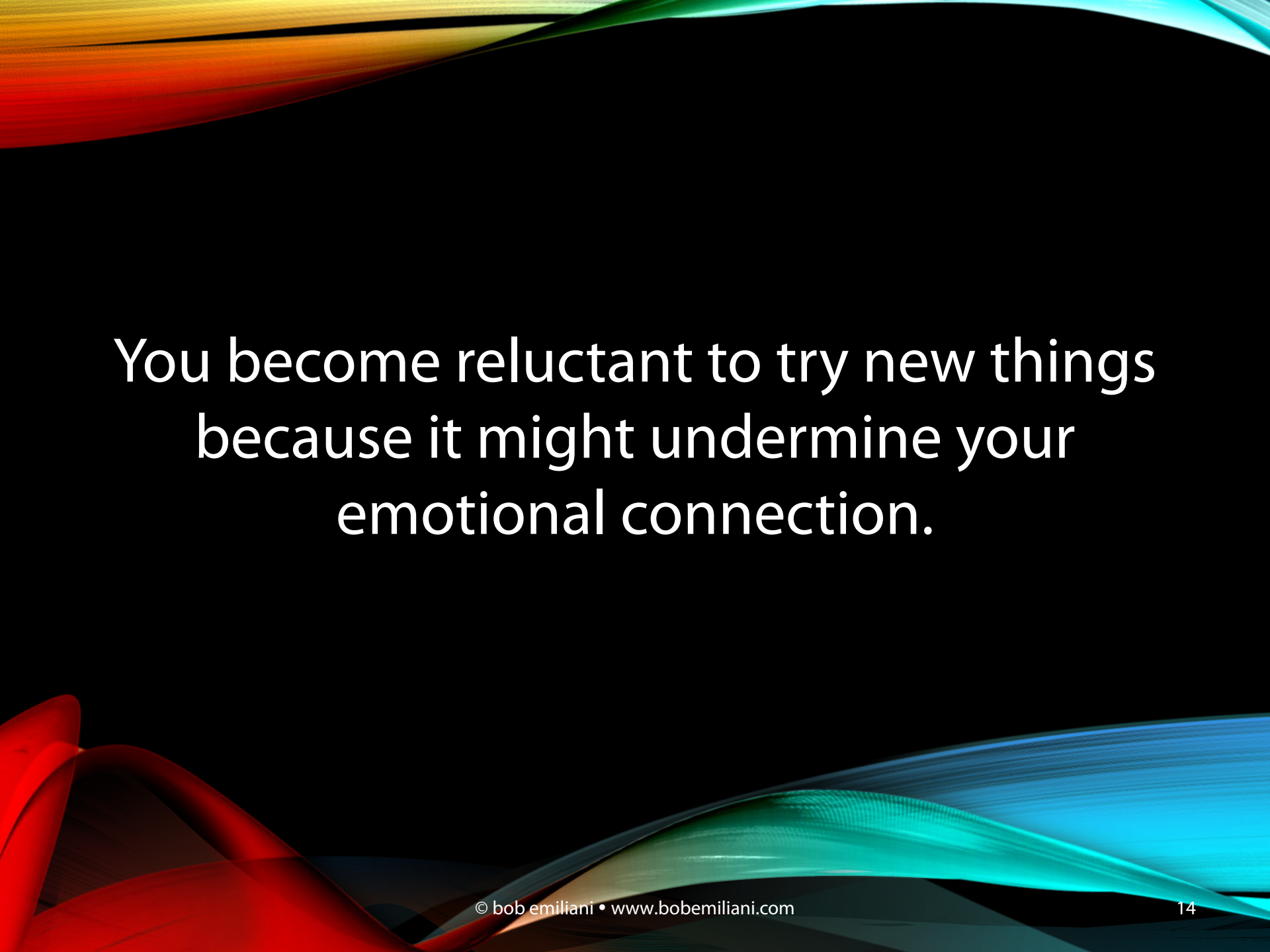You become subject to manipulation and gaslighting.
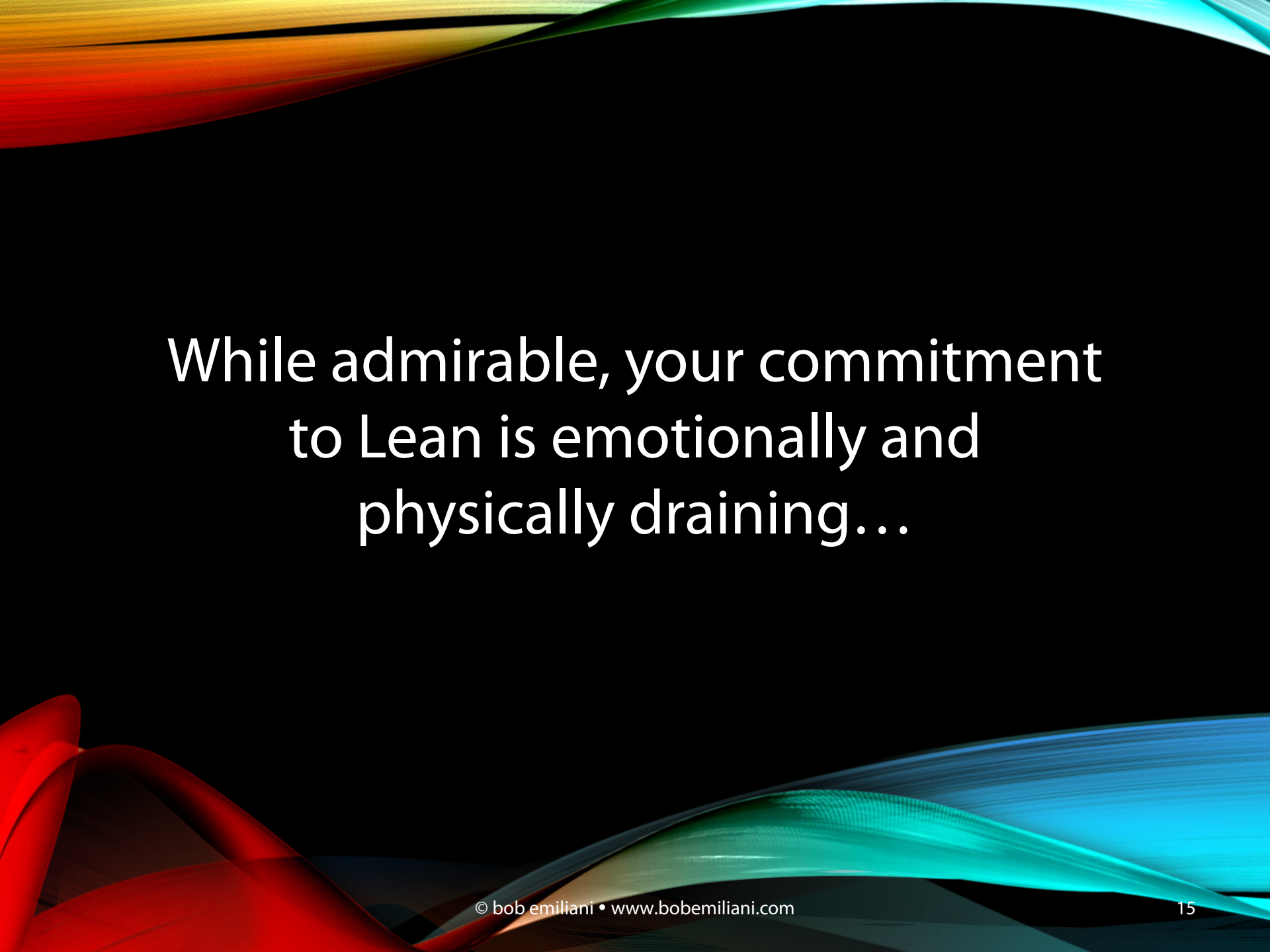
You lose objectivity.
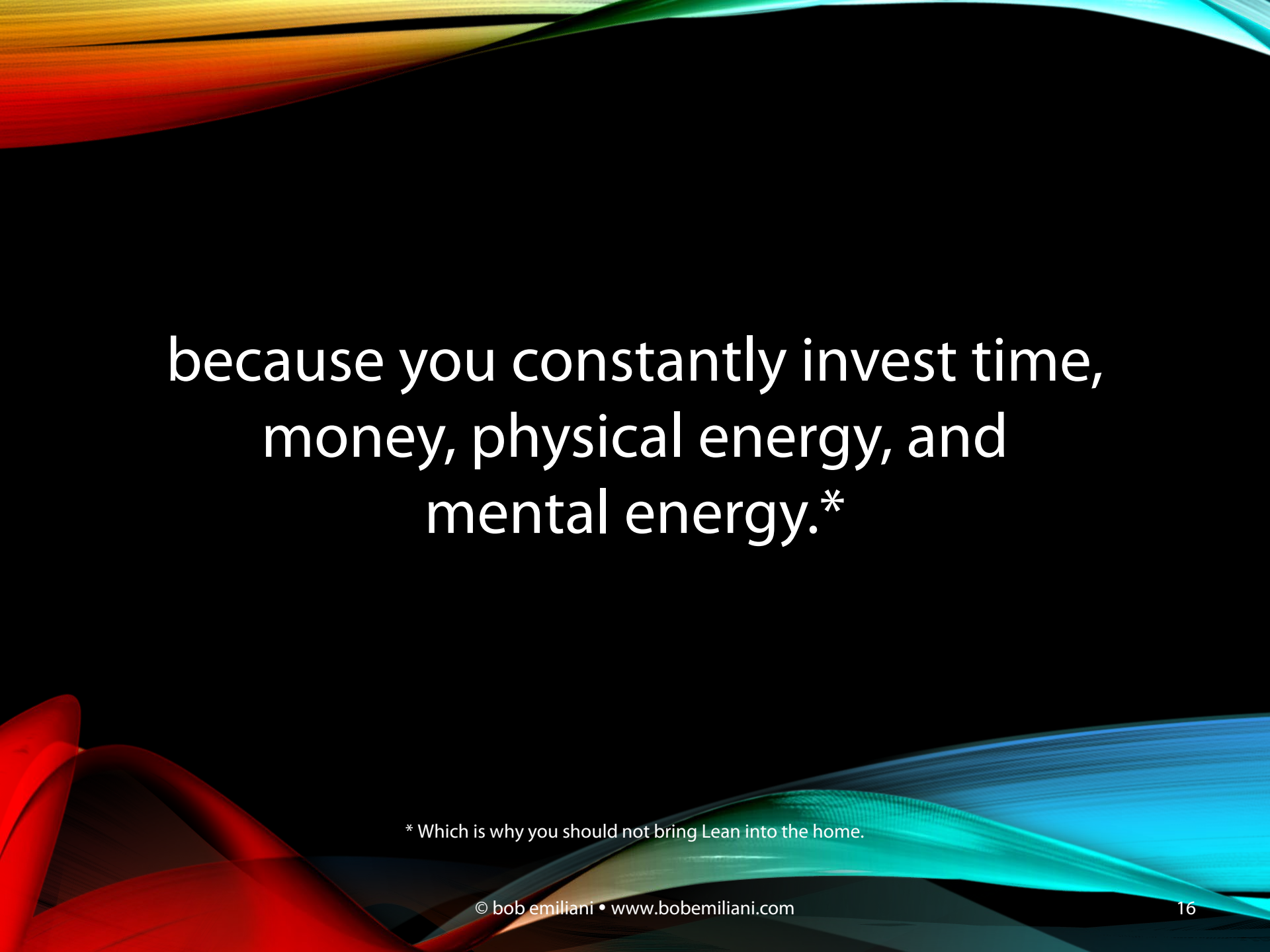
You ignore relevant information...

and thus limit your experiences
and opportunities.

You become reluctant to try new things because it might undermine your emotional connection.
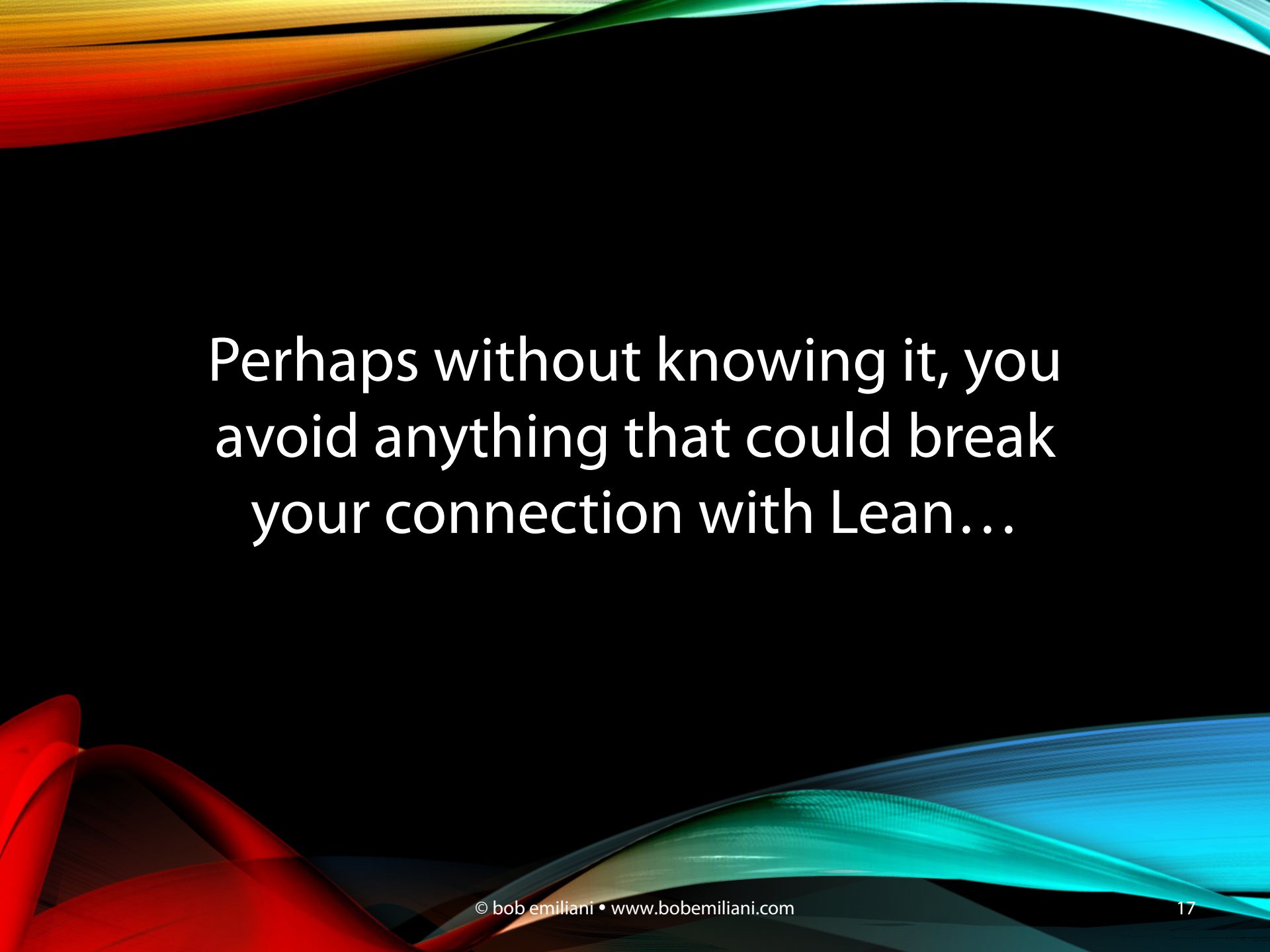
While admirable, your commitment to Lean is emotionally and physically draining…

because you constantly invest time, money, physical energy, and mental energy.*

* Which is why you should not bring Lean into the home.

Perhaps without knowing it, you avoid anything that could break your connection with Lean…

because doing so will be painful.

A strong emotional attachment
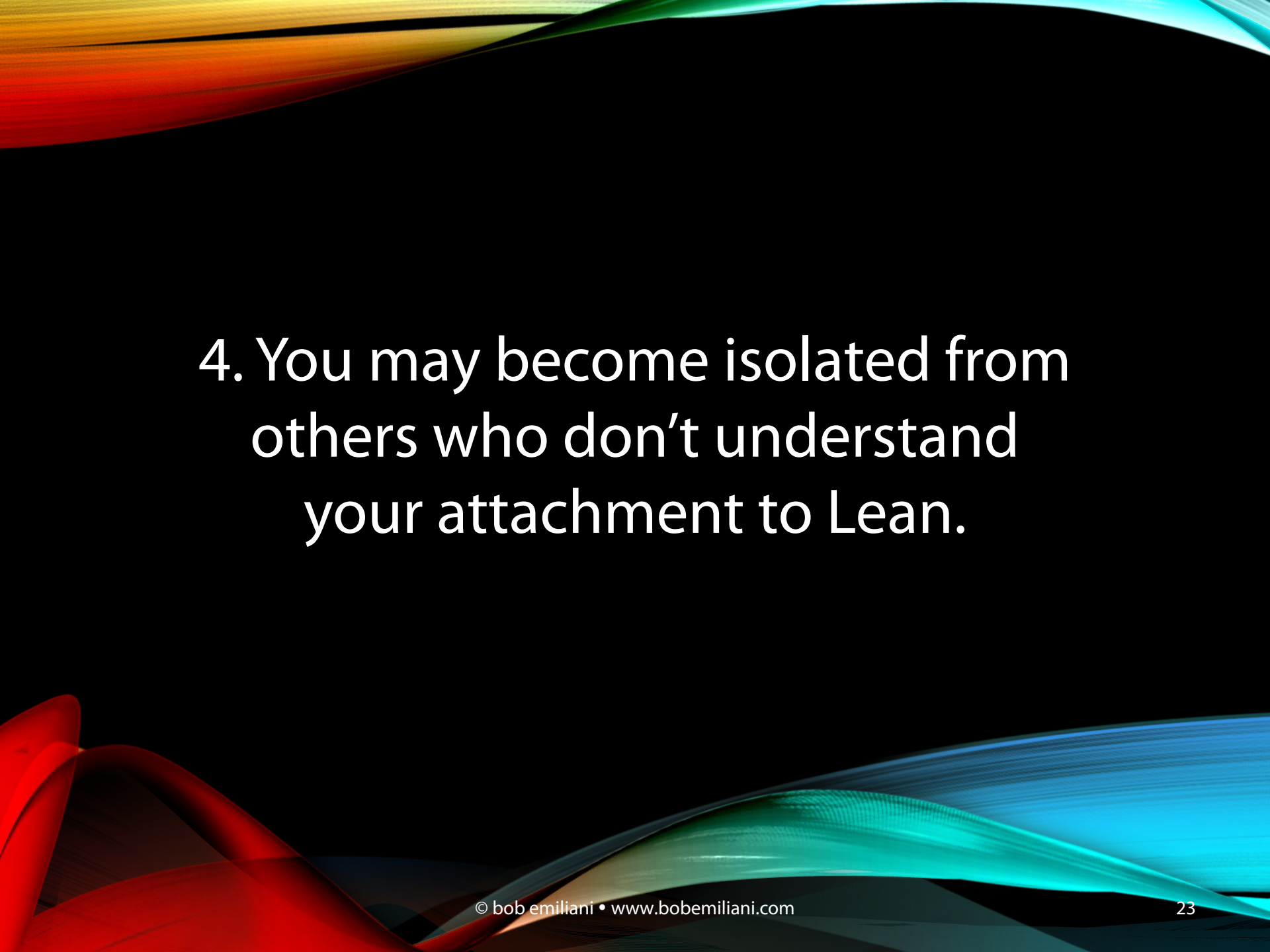to Lean is unhealthy because:

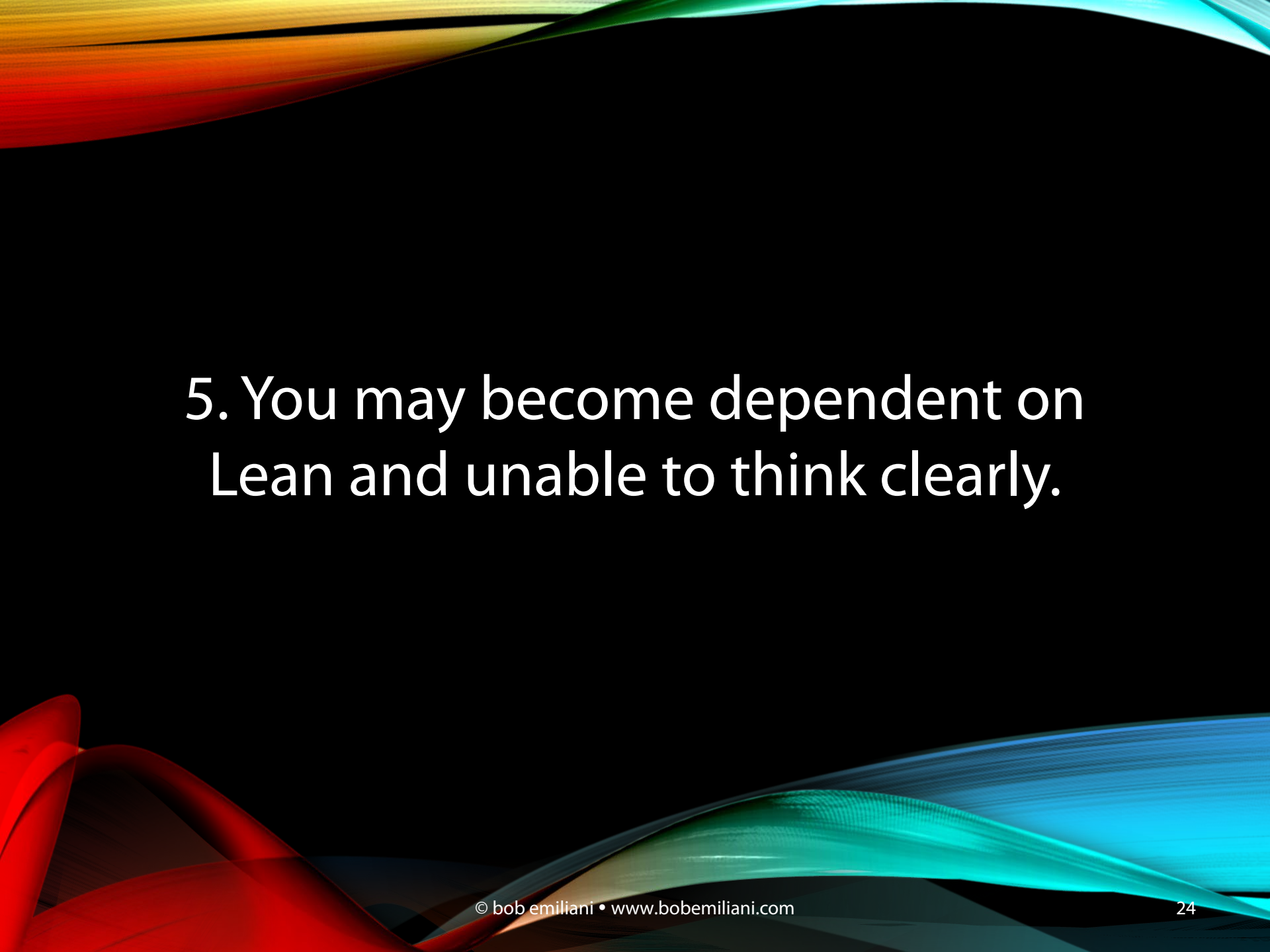# 1. You rely on Lean for your sense of self-worth.

2. You develop a dependency on Lean success stories for your well-being.

3. You may develop anxiety or depression because of Lean.

4. You may become isolated from others who don't understand your attachment to Lean.
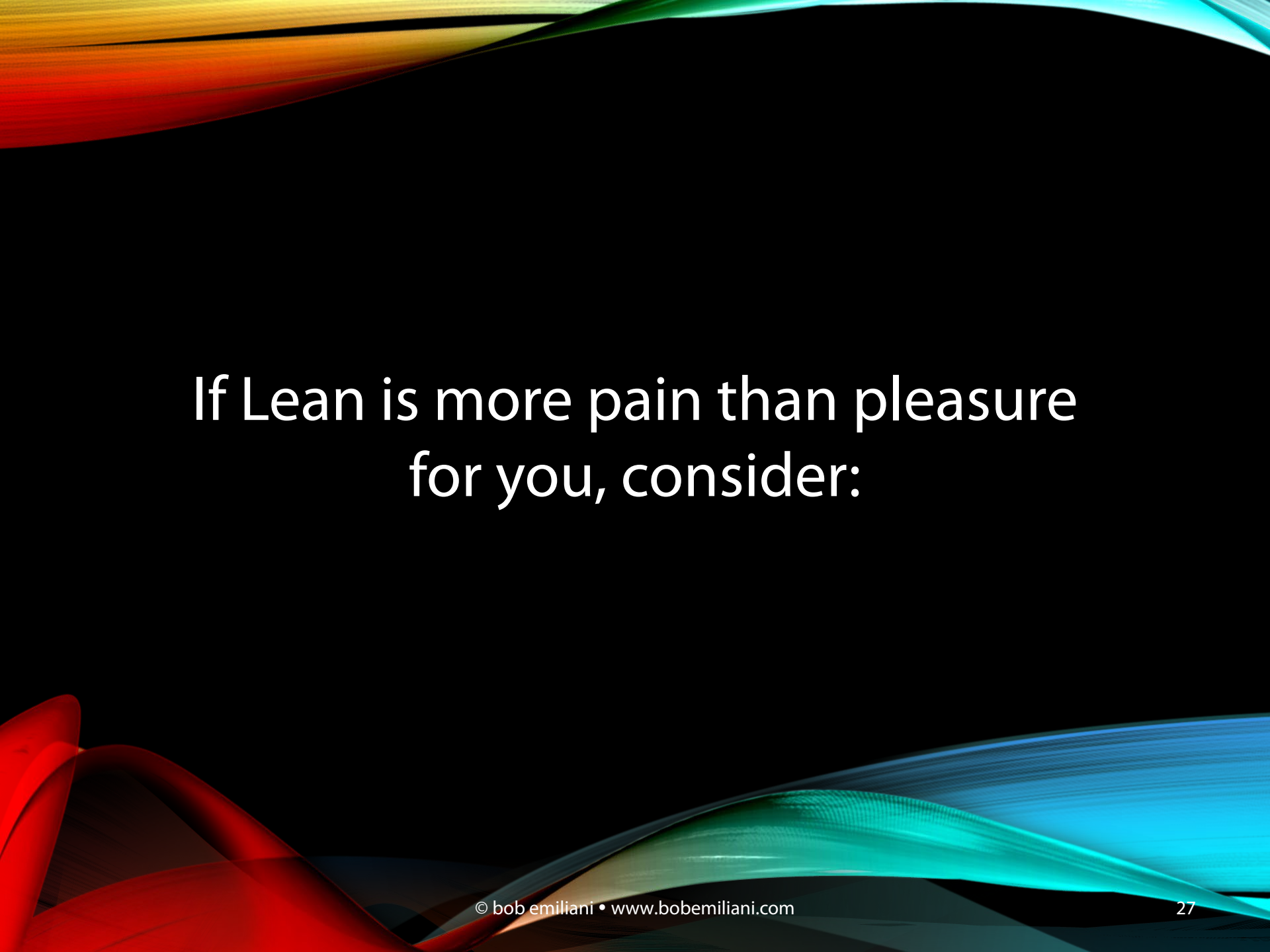
5. You may become dependent on Lean and unable to think clearly.

Mental heath in Lean world is almost never discussed.

It should be.

If Lean is more pain than pleasure for you, consider:

Becoming more aware of your needs and limits.

Set boundaries for yourself.

Prioritize your needs over the needs of Lean.

Seek support.

Or learn from others.*

Please give this some thought.