

Practice (and life)Balancing

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The Wish List:

1. We could treat only people we like and who will **respond**.
2. We could do mostly procedures we **like** to do.
3. We could present our cases with **clarity and integrity**.
4. We didn't need to **rely** so much on our patients help
5. We could **not feel too rushed** or frustrated in what we do.
6. We could have a capable, loving, and long term **staff**.
7. We didn't have a buildup of "old" or **residual problems**.
8. We could take some of the **confrontation** out of our work.
9. We had appropriate **security** (weren't worried about money)
10. We had something new and **exciting** to look forward to each day.
11. We had a little burst of **humor** "every" day.*
12. We had a little **sex** on a semi-regular basis.**

* Not optional

**Optional

In order to achieve this we need to perfect our skills in:

1. Vision
2. Case selection
3. Communication
4. Non-compliance Therapy
5. Scheduling
6. Staffing
7. Post retention management
8. Conflict resolution
9. Monetary discipline
10. Change
11. Perspective*
12. Risk taking**

No matter how you look at it (most of us don't like to look at it all) or do it (most of us don't like to do it...it hurts), the answer is to attack each of these with a vengeance. It's called **practice balancing** and it takes a long, long time and some serious discipline to accomplish. Remember: There are only two kinds of pain: The pain of (1) discipline or the pain of (2) regret. You either discipline yourself to handle each or you suffer the pain of regret...which is what burnout really is. It is the death of spirit due to the sense of loss of control of our lives.