



Your biggest problem? Your sofa!

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Like most readers, I occasionally find myself pondering my current situation and asking that proverbial question, "how did this happen?"

But unlike many of my peers, I am not inclined to look outside myself to answer that question. Any explanation that lays the culpability on others is inherently suspect in my book.

After giving the matter considerable thought, I have concluded that laziness is the root cause of many of the problems that plague society.

Think about it.

You know you need to exercise and eat better. You feel sluggish most of the time and get winded walking from the living room to the kitchen.

You know what you need to do: develop an exercise routine and make more healthy choices regarding the food you put in your body. This is not rocket science.

So why don't you?

Simple: physical laziness. Instead of kicking your body into high gear or going to the grocery store and preparing meals that would be better for you, it's just so much easier to run through McDonald's and lay on that sofa.

You have no one to blame but yourself.

What about a relationship? Wouldn't you like to have one?

Having a partner in life would be nice. You're lonely most of the time and what's the use of exercising and eating better if you have no one to share your accomplishments with.

You know what you need to do: Clean up and put yourself out there. Take a shower, brush your teeth, and go where potential significant others hang out.

So why don't you?

Simple: relationship laziness. It's just so much easier to lay on that sofa in the basement of your parents' house playing video games and watching porn all night.

You have no one to blame but yourself.

How about your spiritual beliefs? You say you believe in God - but that's about the extent of your divine aspirations.

You know what you need to do: make attending worship services a priority and set aside some time every day to read your Bible (or other sacred text).

So why don't you?

Simple: religious laziness: It's just way too easy to lay on that sofa, fault God for your circumstances, and complain that the world's going to hell anyway - so why bother?

You have no one to blame but yourself.

Moving on, what about your career?

You'd like a promotion into a higher paying job with better benefits and more responsibility. Maybe a corner office.

Again, you know exactly what you need to do: Show up on time, work hard while you're there, show some initiative and follow-through, and project a positive attitude.

So why don't you?

Simple: occupational laziness. It's just so much easier to show up when you feel like it, do the bare minimum, and complain constantly about everyone and everything. Besides, that sofa is pretty comfy...

You have no one to blame but yourself.

Finally, what about your political convictions?

You want to make a difference by engaging others in meaningful dialog while advocating for a better world.

Once again, you know exactly what you need to do: Keep yourself informed from credible sources and then develop coherent arguments based on solid evidence and bona fide critical thinking.

So why don't you?

Simple: intellectual laziness. It's just so much easier to lay on that sofa and post half-baked slogans, silly memes, baseless accusations, and idiotic conspiracy theories.

You have no one to blame but yourself.

Again, the more I think about it, the more convinced I am that laziness is indeed at the heart of most of the problems many of us experience on a daily basis.

So here's a suggestion. Shed the delusion that you're the victim of some vast conspiracy and re-take control of your life. And – please - do us all a favor: stop blaming others for your unhappiness.

We're not to blame. You are. Ditch the sofa.



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