

ADDITIONAL AoD COMMENTS ASSIGNMENTS 1 & 2

Assignment #2

--, I really liked the way you differentiated between taking control and releasing control. Doctors are well-trained in the former (and it certainly is an important skill), but do not get much guidance in how to do the latter. Yet it is as indispensable to the practice of medicine as the ability to take charge of a situation. I'm glad that you've been able to find that all-important, but often elusive, balance. You've been able to maintain and nurture important relationships with your wife and friends as well as hobbies and activities that are satisfying and meaningful. Medicine is obviously a crucial part of your world, but not all of your world. You're so right that "perfect" balance is hard to maintain; it is easy to shift too much in one direction or the other. But I think the most important aspect of balance is the intention to honor it – to be a good person as well as a good doctor. Then you can recognize more easily when you're falling out of balance, and take steps to make the necessary corrections. It sounds as though you have a healthy support system to help you keep perspective as you embark on residency. Thanks for sharing your reflections.
Dr. Shapiro

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