## Good unsafe behaviors essay critical thinking example

Psychology, Behaviorism



In the past, I have participated in several unsafe behaviors despite the fact that I knew that they were not a good idea. For example, a few summers ago, I drove too fast in my car, resulting in my wrecking into a tree and damaging my car extensively. Luckily, I was not injured except for minor whiplash. The reason I was speeding was because I wanted to get to work on time. I took a turn going too fast and the tires slipped underneath me, causing me to lose control of my vehicle. I know that I should not speed: the speed limit is posted on street signs and I realize that they are there to keep society safe on the roads. I have witnessed some very bad wrecks in my lifetime that resulted in both injuries and death. I should have followed my prior knowledge regarding the consequences of speeding, yet I did it anyway because I did not want to be late to work. This is a poor excuse, and I realize now that it could have been prevented simply by getting up a few minutes earlier and being more responsible about leaving my house on time in order to arrive at work by my scheduled time. On top of this unsafe behavior, I have also practiced hazardous actions at work. At my job, it is required that we wear nonslip shoes because the floor can often become very wet and slippery. Sometimes, I decide to wear regular shoes simply because I like the way they look better than the nonslip ones. A few weeks ago, I slipped and hit my head on a metal rack, causing me to have a rather large cut above my ear. The cut had to be treated by my manager and my choice of not wearing nonslip shoes resulted in a write-up. I realized that my decision to participate in this unsafe behavior could have eventually led to me losing my job or seriously injuring myself. The choice of wearing shoes that merely made my appearance better was not worth the consequences. Both of these

behaviors were unnecessary and both ended up with negative results in the long run. Now I know that all I have to do to avoid making decisions like these is to use my head and think logically about the situation. It is better to be safe than to put myself at risk for unwanted consequences.