

When you choose a short-term solution and its side effect undermines your ability to implement a long-term, more fundamental solution



Ways out

As a tool for prevention

The shifting the burden archetype is a valuable tool to use when deciding on solutions to problems. Whether a solution is symptomatic or fundamental often depends on one's perspective. Explore possible solutions from various perspectives. An informed decision that avoids the potential for addictive or dependent side effects is preferable.

Examples

- Dependency on an expert
- Caffeine as a solution to fatigue

Questions to ask

- Is action taken to address the problem making it difficult to implement a more fundamental, sustainable solution?
- Is there an additional consequence that systematically erodes the capability to implement a fundamental solution?