

# THE EXTRA POINT

BY JERRY ROBERTS



## # 1276 Why Are Some People Constantly Late?

Is there anyone in your life who is never on time? These are the people who agree to a 9 o'clock appointment, but show up at 9:15, or maybe 9:30, or whenever. These are people you tell your dinner starts an hour earlier than it will, because you know they'll be an hour late. Good Lord, what is wrong here? I'm Jerry Roberts, and I may have clues next on The Extra Point.

Being late is generally seen as a negative quality. It will annoy the boss, a date, friends, and family. All kinds of relationships can be impacted when we don't do a good job of dealing with time, and are perpetually late.

So, why does it happen? Is it because people lack manners, or think their time is far more valuable than anyone else's? We might get some light on the topic from Somia Zaman, a psychotherapist who specializes in cognitive behavioral therapy.

Zaman says people aren't generally uncaring about the feelings of others. She believes that different types of personalities tend to be less punctual than others.

"Some people are just natural born optimists who genuinely believe they can manage everything in their hectic schedules, and we can call them the over-schedulers," Zaman explained. "Or, these people pack so much into their day that they'll always be running late."

Another person who is likely to be late is the one who loves to chat and be more social. They have these wonderful conversations, meetings, coffees, lunches, and all may run longer than expected — making them late for their next commitment.

However, it may not always be due to how great they are at conversation. Some folks have trouble saying no, worried they may offend someone, or that they'll miss out on something important opportunity. We know that as FOMO.

Somia says another person who is late is the one everybody talks about being late. "Oh that Ray, he's always late. He'll be late to his own funeral." So, Ray, realizing that he is expected to be late, sees no reason to change anyone's opinion, and he shows up whenever he wants.

Other reasons for continually being late might be procrastination, or anxiety. Distraction and worry fit into these categories.

Now we're about ready to step on toes. Being late as an adult may stem from how we were raised. We might be copying the behavior of parents who were always late to one thing or another; or we had parents who were religious about showing up on time — and we have rebelled against that.

Or, in the case of having parents who were loose with time commitments, we've decided to obsess over punctuality.

Finally, we live in a place where people of all ethnicities have a term for when someone is late. When an event is slated to start at, say 7:00 pm and they show up at 8:00 pm, we may say they're operating on "Guam time."

You don't have to be of any particular ethnic group to be on Guam time. I've occasionally been on that time myself.

All right, now that we've examined the issue and isolated many of the causes for being late, we can give the simple solutions to fixing them once and for all. Are you ready? Monday, at 7:20 a.m. Be on time.

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

###

For information on training and consulting services with Jerry Roberts, please click this link: [guamtraining.com](http://guamtraining.com)

**THE POINT**  
93.3 FM / 1350 AM / 104.3 FM HD-3

GUAM  TRAINING