



Why we don't like to correct ourselves

Are you ready to make corrections?

Ready to admit that changing will be better?

Accepting that what you previously believed was not correct?

We are always faced with new information, and it is a big task to sort among this to know what to take in, and what to ignore.

But taking new information in is just the first step. Much, more importantly, is it to act on this. And here arises a problem.

We all want to be consistent, which makes us trustworthy and others know what we stand for. So acting consistently is important to all of us.

But this consistency conflicts with changing our behaviour in the light of new information, for two reasons:

1. Others may find us less trustworthy
2. Our ego does not want us to admit we were wrong in the past

These two factors hold us back from adopting new behaviours.

What can we do?

The best tool is talk about the new information, and how you see you want to change behaviour going forward.

Seek out a person you trust and share this.

Speaking about this is the best way for you to adopting your new behaviour. By uttering your thoughts you become more aware of them, and through sharing also more committed to really implementing these changes.

Stick with it