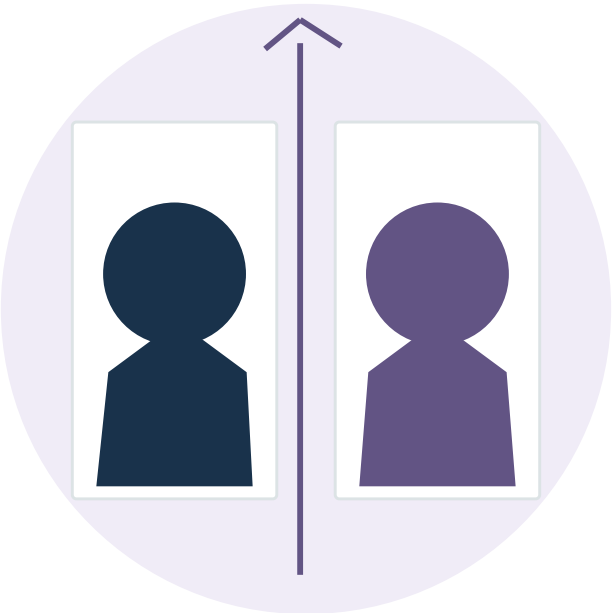
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AN OPORTALS ORIGINAL

Think Again, Gently



When being wrong feels personal, learn to revise a belief without losing yourself.

ONE IDEA FOR AN ORDINARY DAY

A belief is not your whole identity



Identity · Specific claim · Reasons

A belief can become harder to examine when changing it seems to threaten the person you are. The commitment may be tied to a profession, friendship or story about your past. Separate the particular claim from those larger loyalties long enough to inspect it. You may retain the belief after careful reflection. The important difference is that belonging no longer does all the work of justification. Revising one judgment does not require declaring your whole life mistaken.

A DISTINCTION TO KEEP

Inspect one belief at a time.

TAKE THIS INTO YOUR DAY

Which claim am I defending, and which identity?

Bring it into your day.

AN ORDINARY SITUATION

You have always called yourself a good judge of people. Evidence that you misread a colleague feels like an attack on that identity. You narrow the question to the particular decision you made.

ADAPT

Your circumstances matter.

TRY IT TODAY

Write a contested belief without using a sentence that begins with the kind of person I am.

A question to carry

Which claim am I defending, and which identity?

NOTICE	Describe the particular situation before judging it.
CHOOSE	What is one proportionate next action?
RETURN	What would tell you whether the change helped?