

Title:

A Startling Fact About The Dangers Of Labeling

Word Count:

751

Summary:

Do you realize how often you are using labels on others and yourself. Do you realize how it ho

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Article Body:

Quite often, we use labels on ourselves and others without even realizing that we are doing it

The challenge is, what ever you state to yourself repetitively, even if you know on a consciou

For example, after misplacing something, have you ever said to your self, "I am so stupid." Y

Once your subconscious mind believes something, **it sets out to confirm it's belief** and

In fact, you may be holding several labels on yourself that you are not even aware of because

These labels literately control your life and stop you from moving forward.

In addition, when we use labels on other people, just as in judging, we start to see only the

People will look for information that confirms the label that has been placed on a person. The

People will literately ignore anything that isn't inline with their belief about the other per

For example, if you believed that a person was clumsy and always stated that they were clumsy,

Then if anything happened that even remotely looked clumsy you then would say, "see, what did clumsy."

This can make the person very nervous in front of you and the more the person worries

I have seen some men do this to women, when they believe that all women are too emotional. Th

Sometimes these men will even provoke the other person, by saying to them repeatedly, now don't

People see and hear what they want to believe. And compounding that is, what you see and hear

Sometimes people hold back information from the other person in the hopes confusing them to ke

Labeling can also leads to criticism, bigotry and hatred. Especially when small children are l

L

Some labels are:

Black

White

Slow

Stupid

ADHD

Trouble maker

Bureaucrats

Hothead

Short

- Tall
- Smart
- Good / bad
- Right / wrong

Even positive labels can hurt and annoy. There are people who and said that they are tired of always hearing that they are the cute, good, smart one etc. I

Ask yourself, what labels you use on yourself and others. Start noting how often you say them

While you are doing that, contemplate on this quote.

Everything that irritates us about others can lead us to an understanding of ourselves. --Carl Jung

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