

Title:
Rationalization

Word Count:
522

Summary:
Why are we so prone to rationalization? Perhaps because from infancy we are taught to explain

Keywords:
rationalization, I don't know, rationalizing

Article Body:
Rationalization: "The devising of self-satisfying but false reasons for one's behavior." Some

Rationalization - A Clinical Example

When John went to the hypno-therapist, he was hypnotised, and given the post-hypnotic instructions. When the therapist asked him why, John explained "Oh, I thought we were finished," and he took a cigarette. Of course, if you think about it for a moment, you'll realize that this scenario is not unique.

Just Say 'I Don't Know'

When a child throws a plate at his brother, and his mother demands "Why would you do that!?" he says "I don't know." Now, he may not understand his own motivations, but he quickly understands that an explanation is required. Perhaps a better approach is to get in the habit of saying "I don't know." For the sake of our sanity. Suppose, for example, that you are avoiding a certain person, and don't really know why. Isn't that a common experience? Self-explanation can be the opposite of self-understanding. Maybe it's time to learn to accept it.

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