

Title:
Self Knowledge

Word Count:
532

Summary:
Self knowledge is a tricky achievement. It requires us to say "I don't know," more often than

Keywords:
self knowledge, self, brainpower

Article Body:

Self knowledge means more personal power. You can more effectively use a computer when you know

Jack, while hypnotized by his therapist, was given the post-hypnotic instruction to get up and

The doctor asked why. Jack said "Oh, I thought we were finished," and he took off the coat. A

Now, is this scenario really unique to hypnosis? I don't think so. We are often just assuming

Self Knowledge Versus Self Explanation

When a child throws a book at his brother, and his mother demands "Why would you do that!?" Why

Though he may not understand, he learns quickly how to explain himself. With this pressure to

Self Knowledge - I Don't Know

A better approach is to say "I don't know." If it helps, follow it with "Maybe it's because of

For example, suppose you are avoiding a certain person. If you never know why you are avoiding

Why not just say, "I don't know." Isn't it better to learn to accept your ignorance, and to keep

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