

# Credibility of decisions and decision-makers (Basis of change)

## What do I think it's all about?

In today's world, we find it increasingly difficult to accept decisions made and then to initiate and implement necessary change. Often a stale feeling remains, before and after the decision has been made. The necessary change is therefore often correspondingly poor. This is not only with decisions that rain down on us from the outside, but also with our own decisions in the family and/or concerning ourselves. Why is that?

## My theses

1. One reason why we often find it so difficult to accept decisions and change necessary things, especially in companies and public life, is the lack of real/authentic personalities who you believe and can confidently believe.
- the change of one's own person there is no different. Real change needs an honest and authentic approach to oneself. Often there is confusion about what we actually want and why. Often, we lie to ourselves for years or a lifetime. Living with the lie is often easier than facing the truth
- es lack true, clear, comprehensible messages; whether good or bad

## My logical conclusion with solutions

### *Just by the way:*

***The universe (God) supports us wherever it can, but this requires clarity about what WE actually want. In other words, the universe doesn't understand convoluted sentences with X subordinate clauses, let alone words like "but" and "maybe" and subjunctive. First become clear about what YOU really want and you will see that it will come true and you will have enough strength to endure the often long and stony way there.***

- A high probability that people do things is also that complex issues are explained in a comprehensible way, PRO and CONs are discussed objectively and presented honestly. However, this requires that someone has enough experience from the outset and/or is willing to often familiarize themselves deeply with the matter and not just scratch the surface.

The quote from Georg Christoph Lichtenberg always comes to mind.

**„It's not an art to say something short when you have something to say“**

- In order to become more credible, all important decisions/statements should be checked for absolute truth by those responsible, by oneself, in the family and in the industrial and political environment before unleashing them on oneself and others. In general, this means that it should be checked in advance whether the decision/statement covers all 7 aspects of the truth. (or *The Seven Levels of Truth of a Statement*):

Is the decision/statement correct in relation to:

- **Reflection level;** holistic aspect (Are all aspects of the decision/statement known?)
- **Factual level;** logical aspect (Is the decision/statement comprehensively factually correct?)
- **Intension level; intentional** aspect (Are all intentions and interests taken into account in the decision/statement? Assumes, of course, that intentions and interests are known as far as possible)
- **Relationship level;** emotional aspect (Does the decision/statement take into account all relationships and the emotions associated with them?)
- **Basic setting level;** social aspect (Are all basic attitudes, motivations taken into account in the decision/statement? Again, presupposes that all motivations/basic attitudes of those affected are known as far as possible)
- **Inner Attitude level;** psychological aspect (Is the decision/statement consistent with the inner "drivers", the inner attitude of the decision-makers/those affected?)
- **Ethic level;** ethical aspect (Is the decision/statement designed in such a way that it respects the dignity of all life and would the decision-makers themselves take full responsibility for it?)

*See the book by Wienfried Prost; Dialektik – Psychologie des Überzeugens ISBN 978-3-8349-0743-1*

- In a nutshell, a **decision should be such that one can expect oneself, one's own family, one's own children and take full responsibility for it in an emergency** (and not just political responsibility, as some politicians cleverly put it.)
- therefore it is also so important to have people in decision-making positions who are not (proven) socially or even pathologically conspicuous or in poor health and also have the professional and character stuff to carry out this review

- if you yourself are mentally and health-impaired, then it is often difficult to gain clarity. Often it helps to eliminate the voices from the outside (parents, friends, partners, colleagues, etc.) temporarily and try to become quiet and listen to the inner voice, deep inside us, which is often completely covered by the loud noise from the outside. If this is not possible, you should get outside therapeutic help, especially if the healthy inner voice has fallen silent and suicide seems to be the only way out. Companies should do the same, especially if their executives are obviously part of the problem and thus cannot be part of the solution
- it is absolutely ok to get professional help from the outside, if you have the feeling that you are not getting any further, because a self-lie, an untruth in yourself, in the family, in the company blocks the whole process of finding the truth and change. Often it is dogmas that stand in the way like steel pillars and nip any change in the bud
- in the family often difficult but in the public sector I think it is absolutely necessary before we put people in positions of responsibility (preferably independently) to check whether they are suitable at all in character and professionally and have the experience to make important decisions and to lead people health-wise. For example, in politics it does not help to be elected, it should also be clearly demonstrated that someone has the personal and professional prerequisites for the position, especially when it comes to members of the government and leading members of the legislative, judicial and executive branches
- Since the human system is predominantly a belief system and does not follow a rational or mathematical model, the important conversations about decision and change should therefore end with the question "do you believe me" and not just "have you understood". People do voluntarily, in the long term only what they believe in. Of course, they also do what they are obliged to do, forced, manipulated (currently omnipresent). I think it does not need any further explanatory words at this point to know that a violation, contrary to the inner belief, almost always ends in anger, frustration, stress and (inner and external) division and therefore represents a catastrophe for health, the family, society in the long run