# Your own truth

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

* Anyone who is not consciously lying or manipulating assumes and firmly believes that what he/she is thinking, feeling and saying is the truth.
* it sounds strange, but it's true, from their own point of view, everyone is right

## **My theses**

* The personal view is also a truth – one's own relative truth in this moment and in this situation. The individual develops/measures the truth by how he/she sees and feels the world and how his/her personal value scheme developed (filtered by one's own experiences and imprints)

*At this point, I always like to cite an example that everyone knows:*

*Imagine we have a very specific situation. 10 people stand around the scene and all observe the same situation. A day later, they interview the 10 observers and ask them what happened? What is the result? I'll tell you, 10 different stories. Everyone tells what they have seen, interpreted by the brain with all its filters and imprints – the so-called* ***selective perception***

*And so it is with everything, we perceive our world in an individual way. This is our relative view of things, our personal truth.*

1. however, our personal point of view is usually a very limited view and is therefore not suitable to objectively describe the truth (see chapter credibility of decisions and decision-makers). One of the reasons why there are very often differences of opinion, quarrels or other disputes; the personal (non-) truths/views meet in everyday life and do not find a majority
2. People often feel misunderstood by others, with all the resulting possible (counter) reactions such as withdrawal, separation, silence, aggression and frustration. What most people don't understand is that everyone is right when seen through their personal glasses.
3. try to *brainstorm* without a moderator at work, I guarantee you after a few contributions it usually ends in a disaster and a confused mess

## **My logical conclusion with solutions**

* Try to put yourself in the position of the other
* just listen and let it work
* before you give your (open) evaluation about the opinion of the other, sleep over it for a night
* remind you of the possibility to simply leave other opinions/points of view/truths in the room without comment and to value these opinions
* **Actually, you only have to remember one thing: starting with a couple, there are always at least 3 stories and all three are true; the respective story of the couple and the objective truth. Even with yourself there are always min. two stories, your own and the objective truth**
* **Be careful! As so often in life, there are often additional stories and these are from those trying to manipulate**