
RP Mind-Hack No.2

Three Sides to Every Story

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There are always two sides to every story

How many times have we heard this saying, it's been ingrained in us since childhood hasn't it and now, how often do we repeat it to our children or family or friends don't we?

The issue with this thinking

Doesn't it set up an automatic competition or conflict between the two parties involved, i.e. there's your story and mine, which isn't surprising as society has set up this 'either or' scenario for all of us to obey, right or wrong, good or bad, high or low, success or failure and nothing in between, except there is and always will be an 'in between'.

Coming back to the story or argument, which is what normally entails, most of us know, we want to be the right one and win the argument don't we.

But then, so does the other person so who's going to back down, who's ego is strongest or weakest, who has the power, status, authority... suddenly it can become quite a battle can't it.

Thinking differently

What if we took a different view and suggested '**there are always three sides to every story**' instead of two, namely: yours, the other persons and then the truth, which is somewhere in between and not necessarily in the middle.

Would this not open the minds of each person to uncover all the pertinent facts to try and arrive at the truth rather than trying to win over the other person, i.e. when one person wins, the other person loses and it's not a nice feeling for anyone.

Wouldn't looking for the truth however, make the conversation less of a confrontation but rather, provide the platform (new and different thinking) to ask questions that arrive at the best solutions, the right answers, actions or outcomes?

Quote to finish on

"When you change the way you look at things, the things you look at change"
Wayne Dyer

My Action Plan

The old habit I will stop

The new habit I will start

First Steps I'll take to begin

Ways I will stay on strong

People I'll enlist to help me

Any other considerations