



2 BY 2 Exercise

Purpose: Bring to awareness ideas and attitudes that are influencing you.

Principal: Other people's ideas, thoughts, and attitudes about you affect your behavior and can form the basis of self-fulfilling prophesies. It is essential to be aware of these thoughts so you can defend against the tendency to align with them.

Exercise:

Select the two people who are closest to you. These should be the two people who love you or support you the most.

Select two ideas or concepts that each person has about you that do not serve you.

For instance, one of the people that you select might be your auntie. Perhaps she was always supportive, always taking your side on things. However, by reviewing her ideas about you, you find that she doesn't think you are good at math. Perhaps she has this idea because you had an incompetent 5th-grade math teacher and were labeled "bad in math." Your auntie may continue to believe this even though you are quite competent in math. She might not even be that aware that she has this belief about you.

This type of belief by someone close to you can cause that promotion that requires math-related activity (e.g., responsibility for the departmental budget) that you were just about to get, to not quite happen. You will tend to comply with the beliefs of those who are close

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independent of their factual accuracy. The failure to get the promotion will often seem to come from an outside source even though you are creating it.

It is unnecessary to change the person's ideas about you, although being conscious of these ideas is the first step to making such a change. The most important thing is to be aware. This will provide an effective defense against the ideas affecting you.