



fyp find your pace

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Pacing Your Thoughts

A generalization is a sweeping statement that oversimplifies a thing. As members of the human race, there are times that we all generalize about things. We make generalizations to help us make sense of the world. There are times when we make blanket statements of fact about people, situations and things. But have we really thought through it before firing off our "factual point" which is better defined as our opinion, based on our knowledge and experience or lack thereof?

Take the time to not be 100% certain when you have less than 100% of the data. Start a thought process that walks you through asking yourself the questions; is this always or just always as I have experienced it? Example; day turns to night and back to day – this is always. Not all car salesmen are just out to get your money.

Ask yourself these questions, "Do I have the knowledge base and information to know in no uncertain terms my opinion or statement regarding a matter is absolutely correct – all of the time?" "Am I assuming something based on an unsubstantiated idea?"

With the hustle and bustle in most of our daily lives, we rush thru thought processes and tend to generalize far too much. This causes us to miss out on many things that are; because we just decide too early they are not. Find a pace in your thought process that allows you to really experience what is going on around you – you will be more fulfilled and happy just by allowing things to maybe be sometimes, not always – it can be a real eye opener.

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