Dr. Robert Anthony’s
6 WEEK
“REALITY CHECK”
Your Journey of Personal Transformation

Please Note: These Lessons Are Free of Charge – My Gift To You!
Feel Free to Pass them On.
Why I Am Often Wrong – And So Are You

When I was a little boy, I thought “make believe” was real.

As a teenager, I thought I knew EVERYTHING!

As a young adult I thought that “fitting in” and being accepted by my peers was more important than just being myself.

As I grew older I thought there was no God (Creative Intelligence). In fact, I tried to become an Atheist.

I thought happiness was a destiny and not a choice.

I thought love was something that only happens under the right circumstances, and not something that was always happening within me.

I thought that I wasn’t “enough”. (And then I realized that we get to decide what is “enough”).

When I married my first wife, I thought we would be together forever. When we separated, I thought I’d never feel the same way about another woman again.

I thought that people and circumstances ‘out there’ caused me to feel the way that I feel ‘in here’.

Every step of the way I was wrong. About everything! All throughout my life, I have often been flat-out wrong about myself, others, society, religion, the world, the Universe, everything! And I hope that will continue to be the case for the rest of my life.

Just as “Present” Robert can look back on “Past” Robert’s misunderstandings and mistakes; one day “Future” Robert will look back on “Present” Robert’s
assumptions and notice similar misunderstandings and mistakes. And I have no problem with that, because it will mean I have grown.

My point is this; I am often wrong about many things, and that’s why my life keeps getting better!

Most of us don’t want to be wrong about anything, but being wrong is part of the growth process. It is necessary to be wrong in order to grow. Our understanding of how life works is not stagnant. It is an eternal ongoing process. We don’t go from being “wrong” to being “right” once we think we have discovered the “Truth”. Rather, we go from partially wrong to slightly less wrong, to slightly less wrong than that, to even less wrong than that, and so on and so on. We approach “Truth”, but we never reach it.

Therefore, from a perspective of personal growth, we should not seek to find the ultimate truth, teaching, or right answer for ourselves, but rather seek to chip away at our thoughts and beliefs where we’re wrong today so that we’re a little less wrong tomorrow.

When you look at it from this perspective, personal growth can actually be quite scientific. Our hypotheses are our beliefs. Our actions and behaviors are our experiments. The resulting internal emotions and thought patterns are our data. We can then take those and compare them to our original beliefs and then integrate the new data into our overall understanding of our true nature.

This approach to personal growth is superior to any other I know of because it relies on experience first and foremost, and then interpretation of the experience through various belief systems second.

And as you integrate the new information or “reality checks” and adjust your goals and behaviors accordingly, you continue to become more conscious. This is what life should be like. But somewhere along the way we have become so obsessed with what we think we know and our fear of being wrong, that we never test it out.

We are caught up in our certainties about how life works; what people are like, the “true” religion, our political viewpoints, our friends, our lovers and everything else. But it is those very certainties we hold onto, those which we are afraid to question or let go of, that are holding us back.
The certainties we currently hold on to are designed to give us a feeling of comfort and security. But what if we are wrong?

Trying to live in certainty is an ineffective life strategy, because certainties keep us in place and out of touch with reality. Certainties are what drives people into judgment, prejudice, fundamentalism, radicalism and war.

Being wrong means *making changes*. Being wrong means *improvement*. It means not thinking that “fitting in” is more important than just being yourself. That you can be separate from the “Creative Intelligence” of the Universe. That happiness is a destiny and not a choice. That love is something that can only happen under the right circumstances, and not something that is always happening within you. That you are not “enough”. That you will never find someone to love again. That people and circumstances ‘out there’ cause you to feel the way you feel ‘in here’.

As a society and culture we are certain we are “right” about a lot of things, but we’re not. A hundred years from now people will point out how ridiculous we were to let our money, our jobs, our designer clothes, the cars we drive and the houses we live in define who we are. They will laugh at our ridiculous entertainment, sports worship and celebrity worship. They will not understand why we cling on to our superstitions and our religions. They will be appalled at our cruelty and our wars. They will wonder why we were so afraid to show love and appreciation to others. They will understand truths about us, which none of us are even aware of yet. Why? Because they will see we are wrong!

And we will have been wrong about pretty much everything. Just as they will be wrong about everything too - just a little less wrong. And they will look back on our world and think, “How could they live like that?”

**TEST DRIVE THIS LESSON**

Okay, let’s give this lesson a TEST DRIVE - not just read it and think about it, but actually *put it into action*. Are you ready?

Achieving our dream in life has less to do with our ability to be *right* and more to do with our ability to be *wrong*. Take a look at what you *may* be wrong about *today* that can lead to your improvement. Assume that you’re wrong — about almost everything. See where that takes you.
“REALITY CHECK” LESSON 3

Obviously if what you believe or what you are doing is not getting you what you want or where you want to go, you are probably wrong. So what do you have to lose?

Whatever you’re struggling with right now, practice some uncertainty. Ask yourself, “What if I was wrong about this?” Because I can tell you that you are. You are wrong about that because you are not getting the results you desire.

Put simply, if you keep doing the same thing you will keep getting the same result. If you see that you are wrong and you need to do something different, you can jump-start your life in a new direction – this week!

Truly Caring for Your Success!

Dr. Robert Anthony