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A lot of times we accept rules or philosophies without really thinking about them or forming our own opinions or beliefs. If you ask three simple questions in your mind when you are presented with new information, you may be able to deal with it on your own terms better.

Those questions are:

Why?

What else?

What if?

For instance, if I were to apply those questions to the rule prohibiting hats being worn in the hallway at the career center –

Why? It is a simple security measure so that cameras can identify everyone if there is a problem. Hats may shield faces from cameras.

What else? Students are not supposed to wear sunglasses, any type of mask, etc. in the hallway as well.

What if? If the rule was not in place or not enforced, a crime could be committed without being able to identify the perpetrator and people could get hurt.

Conclusion: It seemed like a stupid rule, but now I understand why it was made and it could wind up saving a friend or myself in an emergency. It’s not a big deal, so I’ll obey it.

Now…

Apply the three questions to a rule or belief in your life and come to a conclusion about it. Please take this seriously and practice critical thinking.

Rule or belief:

Why?

What Else?

What If?

Conclusion:

Did this exercise back up your belief or the purpose of a rule or weaken it?