

Published: Monday July 11, 2016

What you believe you see

T. T. SRINATH

If we believe someone is good or bad, we will search for evidence to prove or disprove this belief

A skeptic in a theology class got up and confronted the teacher saying 'If there was a God, could the teacher show him God?' The teacher was unfazed by the question and retorted by asking the skeptic if he had brains. The skeptic did not like being asked so and told the teacher that he had lot of brains. The teacher then said "show me your brains."

In relationships too, what you believe is what you see. As man's nature is to always prove or disprove something, given that research scholars come up with a hypothesis and attempt to prove or disprove it, so also if we believe someone is good or bad we will search for evidence to prove or disprove this belief.

Positive psychology emphasises that if we believe people are fundamentally good, we will search and see evidence of it. If we believe otherwise, we may then find evidence of this too.

Andrew Carnegie, once one of the richest men in the United States of America said that his considering only the positive in people was like a miner digging for gold. When a miner digs for gold he ignores all the dirt and muck that comes up and only searches for the gold he is after.

(The writer is an organisational and behavioural consultant. He can be contacted at ttsrinath@gmail.com)