

Book: Science and pseudoscience

		believe assumptions are truth.
ptio	7.11 0	he sadness and drama we have lived in our life rooted in making assumptions and believing m.
	hings take o	our energy so easily.
\sim	/hen making sking for pro	g assumptions in our relationships, we're oblems.
	There is	no access to pure fact.
	– There is	no certainty in this universe.
	-	see whatever we want to see, and we don't things as they are.
		disturbance in human brain creates lots of ading to misinterpretation.
on –	<u> </u>	tions are created with this fact that we think re known by others.
	_ We look the initia	up answers, it may be not the right one, but al one.
	– lt seems	that we have decided not to ask.
		happens on our own decision, and not by True love is the acceptance of others. — Parents acceptance!
	e can discu	ns, and manage the agreements, ss the agreements, needs, and —— Focus on agreements over discussion.
ame	e more awa	acticing self-development, we re when facing a challenge, rather g any challenges to come to us.
		greement, and it's important to talk es rather preferring silence.
ose c	ouples with	n more disputes in different aspects, able relationships.
atior	nships are v	very significant.
pute	es are made	because we don't clarify certain oward those beloved.
mus	st be demai	nding about the right information. <
mus	st give up th	ne right to take sides.
	0	nands. — Don't lie about our needs.
n't b	n't be afraid to be ourselves in front of others We abandon ourselves before others, by our behavior Igements).	
ques not.	t for your d	emands, no matter if it is answered
ially be aware of where you are currently, and see —— Take action. (Doing) — The world works with doing. at you can do to get out of your toxic cycles.		
ange	starts from	our own steps - not from others.
noug	hts, physiol	ogy, manner, — Mindset
		rrent knowledge.
5	5	
	_	effect of what we earned or
e an	action simi	ultaneously. — To take care about our Being.
ions	of yoursel	 f 1. I think I can't succeed without others. f 2. I think I am always behind a certain group of people I admire.
	2	3. I think I am helpless.
nelio		C I choose my friend - Mahdi
	iorate toward	1. I want to discuss about something that I kept as a
		 secret from the starting of our friendship with him, and tell him the truth
		 2. I want to share better feelings with him, since I tend to be often nagging toward him (about my personal challenges).
		3. I want to be more of a help toward him, rather be a person that only asks for demands.
rious	s in groups.	
		ies. I should wait
n rel	ationships.	

