

Confusion

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We often confuse what we wish for with what is. ~ Neil Gaiman

Don't confuse normal to healthy. They are often two entirely separate things. ~ Brandon A. Trean

Don't confuse moving forward with running away. One is steady pace, the other is frantic one. ~ B. A. Trean

How dreadful....To be caught up in a game and have no idea of the rules. ~ Caroline Stevermer

Sometimes we get confused, because we are carrying certain ideas and prejudices in our minds. Other times we get confused by the influence of strong personalities with certain biases or other pre-conceived notions. Confusion arises from our own inner causes and outer forces. For example, if I believe in a certain idea and you say something against it, then there is confusion. I cannot abandon the old idea; it has roots in me and I have lived with it so long, that it has become comfortable. Maybe, I have believed in it so long, it has given me consolations, that now to suddenly drop it, will mean moving into a state of insecurity. Unless I become decisive, the confusion will go on growing. When I have put so much investment in certain belief, and I have lived for thirty or forty years in a certain belief and now to see that it was wrong, that creates a great problem for me. My own image of being intelligent is shattered. I start questioning myself with questions like "What kind of intelligence do I have?" The doubt of my own intelligence does not feel good.

The moment I accept that "I don't know", all confusion evaporates and disappears – just as dewdrops in the early morning sun, leaving no trace behind. This could be a golden opportunity for me to grow and update my old beliefs to align with the current – and learn skills to manage conflicts.

There are a lot of possibilities in life that we come across. Meeting people with different beliefs, likes and dislikes. We grow by learning how others value marriage, family, community and their work environment. It is also very important to be more open and adaptive to current situations, to create healthy harmony among relationships, teams and communities. Once we learn how to learn and understand the value of working harmoniously for the common good, there will be less confusion and more clarity. Clarity helps us to see where we have been, where we are going and the path to success.



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