

Dealing with New Information

Some people have problems dealing with new information properly. This little model might help.

The ideal learning situation:

- You have a question.
- You look for the answer (whether it's by reading, by asking teachers or colleagues...).
- You get some tips about what to do and how to do it
- You try them out and see if they work for you.

There are several possibilities:

1 - You think that the suggestions you've got will work.

Conclusion: ***try them seriously and long enough. Long enough is usually longer than you think.***

2 - You think that the suggestions won't work; you think they're not worth trying.

Conclusion: drop them.

3 - You hesitate, but you think that there's a relatively large chance that the new ideas will work.

Conclusion: ***try them, but if you try, try seriously. Otherwise you aren't trying. (You will never be a fast swimmer if you only try a little now and then).***

4 - You hesitate, but you think that there's a relatively small chance that the suggestions you've got will work.

Conclusion: try to get some more ideas/suggestions.

5 - You hesitate somewhere between number 3 and number 4 (the big hesitator).

Conclusion: make up your mind.

6 - You think that the suggestions you've got will work, but you don't try them.

Conclusion: this is a different problem. If you think that something is good for you and you don't do it, it's not the information that isn't working. Perhaps some of the ideas in this book will help you.

7 - You think that the suggestions you've got will work, but you only try a little.

Conclusion: Again, ***if you try, try seriously.***

It might be even better to skip the word 'try'. ***'Just do it!'*** For some people the word 'try' means that they won't really try. They should forget the word and replace it with the word 'do'. For others the word 'try' might release them from the pressure to be good. So see which way of thinking works best for you. ***To 'try' or to 'do', that is the question.***

Now check if you have dealt with the information in the chapter 'Mental Preparation': Take one of the three exercises (for example 'State of Body and Mind') and put it in one of the seven categories listed above....

