REBUILDING YOUR OWN OPINION

For the part of you that stopped trusting its first reaction.

"You didn't lose your opinions. They got edited out of you, one correction at a time."

— from He Called It Love

NAME WHAT ACTUALLY HAPPENED

"That's not what I said."

"You're remembering it wrong."

"You always do this."

One small correction at a time, until you stopped trusting your own read on things.

That's not broken. That's learned.

Learned things can be unlearned.

THE ONE-MINUTE RULE

Next time you have a reaction, give yourself one full minute before you interrogate it.

Not "am I allowed to think this."

Just: what do you think. Let it exist first. Revise it later.

START SMALL

Not "what do I want my life to look like."

Start with: chicken or fish. This song or that one.

Trust is a muscle. Build it on light weight first.

WATCH FOR THE URGE TO POLL THE ROOM

Asking for input isn't the problem.

Needing five people to agree before you're allowed an opinion — that's the pattern to catch.

WRITE DOWN WHAT YOU ACTUALLY THINK

Before you check it against anyone.

No audience. Nobody has to see it.

The list isn't the point. Proving you still have one is.

EXPECT THE DOUBT TO SHOW UP ANYWAY

"But what if I'm wrong" — right after every opinion, for a while.

That flash doesn't mean you're wrong. It means you're recovering. It gets quieter. It doesn't mean stop.

THE ONLY TEST THAT MATTERS

Not "would he agree with this."

Just: is this true, as far as you can tell,
from where you're standing.
That's the only bar an opinion ever
needed to clear.

Your opinions were never the problem.

Somebody just made them expensive.

It's safe to have them again.

— Sara from He Called It Love