

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

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Justifying Yourself

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Justifying your wants to others

Sometimes someone says that it looks to them like you're irrational, because you're skipping over a lot of things you're already convinced of. Some people are going to decide that you shouldn't have reached your conclusions because you haven't convinced them why you've reached the conclusions you have. But you have all the justifications you need, and once you know that it's okay for you to do something, you don't remember all the reasons why it's okay.

You've already settled your argument with yourself, and if you're talking about being convincing to somebody else, that's a whole other issue. Judgmental people require all kinds of things, they may never be satisfied, but sometimes they can be. They think they require some kind of better knowledge of you before they say that what you're doing is okay. Well, that's just too bad. That's what being judgmental is all about. People who think they need to know more to let it be that what you do is okay, that's what we'd call a very unhappy person.

Why would they need to let what you do be okay? Why would they have to look upon what you do as okay? Can't they just know that they like it or don't like it or it's none of their business? When you're satisfied that what you want is really what you want, for the reasons that you want it, you're okay.

We don't always remember all the logic that went behind it. When you're trying to figure out what movie to go to, you go through each movie that's playing: "What about that one? What about this one?" And you turn down 30, and settle on one for whatever reasons, and now that you've settled on it, all you need to know is that you've got to get to the theater by 9:00. Someone says, "But why are you going to see *that* movie?" I forget, we just gotta get there. And that's the way our real lives work. We don't remember the justifications for what we want. If we had any doubts we solved them. And that's all anybody needs to know about what I'm doing. If I had any doubts I've solved them or I wouldn't be doing this, whatever it is I'm doing.

But maybe it's somebody you promised to tell the rationale of what you do to, and so they're confused. In other words, you said one thing, but you look like you're doing another thing. They ask, "Could you fill me in on that?" And you could simply say, "I'm sorry. I have no time now. But I understand what you're talking about. But I have no time." Or take the time to show them what you skipped over. You told them you were going to do one thing and now you're doing another. So maybe you want to share with them what changed your mind. But you know that what you want is what you want. And that's okay with you.