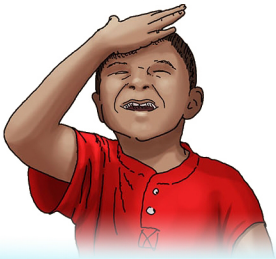

It's not easy to get things right the first time.

It's easy to rush and miss important details.

It's not easy to recognize feelings that need questioned.

It's easy to form bad habits without realizing it.

It's not good to lie so you won't get caught.

It's easy for kids to think they know more than they do.

It's not okay to do what we know isn't allowed.

It's easy to wrongfully feel justified for angry feelings.

It's not easy to know all the ways kids can deceive themselves.

It's easy to see other's deceptive behavior and do too.

KIDS DON'T KNOW THE MIND CAN BE DECEPTIVE

So we need to teach them to sometimes distrust their thinking.

WIZARD WISDOM - It's very easy for kids to trust their thinking when they shouldn't. We can help them prevent many problems throughout life that are caused by self-deception by intentionally teaching them about it. Knowing how to identify and prevent self-deception is, no doubt, a vital life skill. The list above is designed to assist parents and other adults in explaining self-deception to kids. Please take time to discuss this list with kids, and be sure to review it again from time to time. Remember, too, that kids learn from observing others, so if you recognize self-deception in your own thinking, sharing your observation with kids can also assist them in better understanding and managing self-deception.

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