





Every day we make judgments about what certain things mean. We form opinions about what's good or bad or how we feel about other people. The problem is that when we form these opinions, it's often based on very little information. We NEVER know all the facts, and things aren't always as they appear.

It's OK not to know everything. Nobody could ever know it all. Even if you spent every hour of every day learning about the different things in this world, you still wouldn't know *everything* there is to know, because there's so much information out there. The important thing is that we recognize we don't know everything. The thing that gets people in trouble is that they *act* as though they have all the information, when they really don't. When people pretend like they know all there is to know about a particular person or situation, it causes lots of problems. Thinking like this leads us to judge others harshly, or to treat them badly because we assume we know who or what they are. Or it might cause us to act in ways we shouldn't because we think we know what's right, when really, our actions are wrong and based on nonsense.

We could never know exactly what someone else is thinking or feeling. We could never know what they've been through. We don't have the same experiences or perspectives that they do. We don't see the world through their eyes. And because we don't know these things, our views about the world are never 100% truthful or correct.

It's important to remember this when we're upset about something that happens, or when we're tempted to judge others in a negative light. Always remember that your feelings are based on what you might know, but **ALSO WHAT YOU DON'T KNOW**, or **WHAT YOU THINK YOU KNOW** that might not actually be true. We don't ever know everything, and those things we don't know might change our opinion. This is why you should always keep an open mind, be slow to judge others, and keep looking closely to discover new angles. When you do this, it's hard to be wrong!