

²⁷⁵WHAT YOU THINK CAN DESTROY YOUR LIFE. ²⁴⁰⁴¹⁵

Part 1

People with high IQs can do some of the dumbest things. Just because you have a high IQ does not mean you are using your whole brain. Doing dumb things indicates that your whole brain is not being utilized. I have known some very smart people who make some very dumb decisions. These people are deficient in Intellectual and Emotional Intelligence.

Your brain has two sections. For convenience, the right side of your brain holds your Emotional Intelligence, while the left side holds your Intellectual (Cognitive) Intelligence.

Left Brain ---The left side of your brain is logical, rational, systematic, and based on reason. It thinks in symbols, numbers, and words. It functions very much like Mr. Spock from the old Star Trek show. (Spock is an example of someone who does not have access to the right side of their brain.) The left side of the brain is designed to think logically, such as $A + B = C$. This works well most of the time if A and B are correct. But, if A and/or B are incorrect, then the conclusion will be incorrect.

In computer science, there is a saying, "Garbage in, Garbage out, (GIGO)." A high IQ is not the answer to happiness, success, achievement, joy, or accomplishment. Your IQ measures how quickly you can learn, retain, and utilize information. IQ is a cognitive function of the left side of your brain.

. Here are some examples of information/beliefs that have been held as accurate at one time or another:

- Everyone in the world should have a roof over their head and food on the table.
- Everyone *should* be happy all the time.
- The atom is the smallest particle and cannot be split.
- Big boys don't cry.
- Nice girls don't get angry.
- If you feel guilty, you must have done something wrong.
- Emotional pain is terminal and should be avoided at all costs.
("I cannot stand to be hurt this way again.")

- Anger is bad. You should never allow yourself to become angry. “He who raises his voice first, loses.”
- The opposite of love is NOT hate or anger. (The opposite of love is indifference.)

You may want to reconsider your beliefs/information seriously if you believe any of these. Take the first belief: Everyone should have a roof over their head and food on the table. In all of recorded history, this has never happened. [We can't even solve the homeless problem, which seems to worsen yearly.]

A second left brain GIGO problem is when you have *contradictory* information/beliefs such as:

- If at first you don't succeed try, try again, **vs.** If you can't do a job right the first time, don't do it at all.
- People should do what I think they should do, not what they do, **vs.** People are free to do what they do, which is OK.
- The only person I can change is myself, **vs.** people should change so I would not get upset and be okay. People should live up to my expectations.
- Real men don't show weakness, **vs.** A real man has a soft side.
- All men are created equal, **vs.** It is OK to treat people differently based on. . .
- If you make your bed, now you have to lie in it, **vs.** You should never stay in an abusive relationship.
- You should never snitch on anybody, **vs.** You need to tell if someone is a danger to themselves or others.
- I am trapped in a very stressful relationship. **Vs.** I am in a very stressful relationship and choose to stay in it until I decide to change, which is okay for now. Once you take responsibility for your irresponsibility, you empower yourself to change.

As you are starting to see, even an intelligent IQ can lead you terribly astray.

**There are no stressful jobs;
There are only stressful people!**

What left-brain beliefs do you hold that make your life stressful? Dealing with the left side of your brain is only half of your job.

Next time, I will examine how the right side of your brain works. This is the side that holds your Emotional Intelligence.

You will learn about the right brain, how it works so very differently from your left brain, and how it can mess up your life. And, how to fix it.

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