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Never Trust Anyone, Including Yourself

In life, we often hear the saying, "Trust but verify." This means we should trust people, but also check to make sure they are telling the truth. However, some people take this idea further and say, "Never trust anyone, including yourself."

Trust is important in our relationships. We rely on friends, family, and coworkers to be honest and supportive. But sometimes, people let us down. They might not tell the truth, or they might change their minds. This is why some people feel it's safer not to trust anyone completely.

We also need to think about trusting ourselves. We might believe we know what's best for us, but sometimes our feelings can trick us.

Being skeptical—questioning what we hear and think—can help us make better decisions:

- By questioning information, we can find the truth and make informed choices.
- Thinking critically about our own beliefs helps us grow and learn.
- If we are careful about who we trust, we can avoid being hurt or misled.
- Always look at the mirror and ask the question "do I trust myself?"

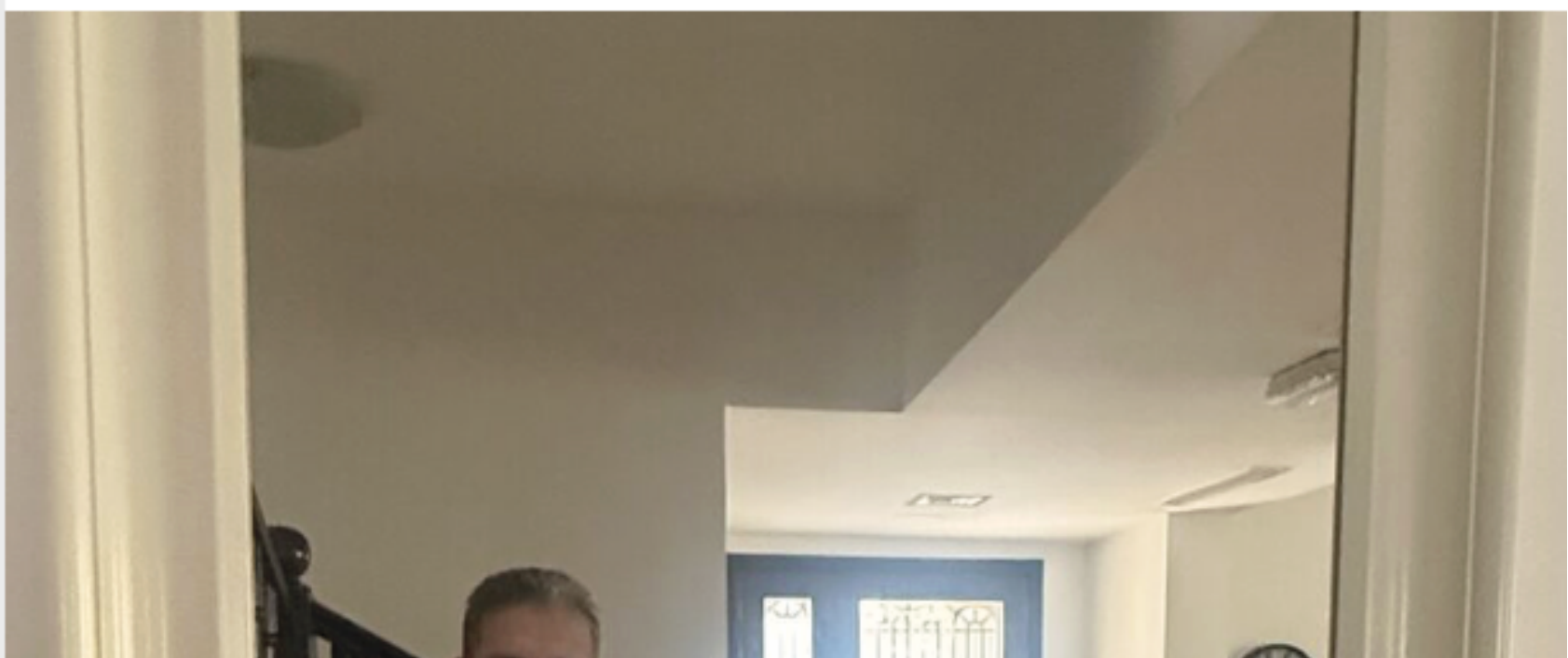
While it's good to be cautious, we shouldn't be too distrustful:

- Take time to get to know people before trusting them completely.
- Pay attention to your instincts, but also think logically.
- If something doesn't feel right, ask for clarification.

The idea of "never trust anyone, including yourself" encourages us to think critically about trust. While it's important to be careful, we also need to learn to trust wisely. By questioning ourselves and others, we can make better choices and build healthier relationships.

"Whoever is careless with the truth in small matters cannot be trusted with important matters." -Albert Einstein

#Trust #Instinct #Work



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