



UPDATING HUMANITY WORKSHOP

Field Guide: Self Reflection Form

Section 6: How Do We Know Whether These Concepts are True

1. What is something you know as true that you cannot prove, or that cannot be proven? If challenged to prove it, what would you try, if anything?

2. Is there something you once held as true, that cannot be proven that you wish you would have challenged the idea more thoroughly? Was it easy to believe? If so, why? For many it is because they wanted it to be true, they didn't know they had permission to question it, and/or they thought the person who shared it was unquestionable.

3. Is there someone you care about that believes something they cannot prove and it makes you concerned? Does this workshop help you love them more easily, and help you better respect that you, too, believe things you cannot prove, that may concern them?

4. With this workshop and particularly Section #6, do you feel better equipped to be more honest with yourself? Do you feel this will help you more easily question, doubt and reconsider ideas that don't explain things as well as you would like, or aren't as rational as you would prefer?

5. Any other notes and insights you want to record here?