# Your Self-Contradiction

Just like every other human, you are not perfectly consistent. You sometimes say one thing but feel another, struggle between logic and emotions, change your mind depending on the situation, and have values that sometimes conflict with real-life decisions.

## Key Contradictions in Your Personality

Below is a list of several key areas where your beliefs and behaviours don’t always align.

* Confidence vs. Self-Doubt: You know you are capable, but sometimes wonder if you made the right choice.
* Logical vs. Emotion: You prefer to be rational, but in emotional situations, you heart sometimes overrides your head.
* Independence vs. Seeking Reassurance: You trust yourself, but occasionally want confirmation that you are making the right call.
* Directness vs. Diplomacy: You value honesty, but know that some truths need to be softened.
* Open-Mindedness vs. Skepticism: You believe in learning and growth, but sometimes cling to past beliefs too tightly.
* Love for Change vs. Fear of Uncertainty: You embrace adaptability, but want some stability in your life.
* Pragmatism vs. Idealism: You want to be realistic, but also believe in doing what is right, even when its not the easiest choice.

## How Your Contradictions Show Up in Everyday Thinking

You don’t always notice your own contradictions. Sometimes you only realise them when they are pointed out. Below is a list of different contradictions in thought that you experience and examples of how they manifest.

* You believe in logic, but your emotions sometimes influence your choice: “I know logically that this is the best option, but something about it just doesn’t feel right.”
* You think you are independent, but secretly appreciate validation: “I don’t need anyone’s approval…but it’s always nice to hear I made the right decision.”
* You value honesty, but sometimes hold back the full truth: “I could say exactly what I think…but that might not be the best approach here.”
* You embrace change, but hesitate with big life shifts: “I love trying new things, but…what if this is too risky?”

## How You Justify Your Contradictions

Like other people, you don’t always admit that you contradict yourself. You often find ways to justify your inconsistencies. Below are some of your contradictions and how you rationalise them.

* You say you are logical, but let your emotions influence you: “Emotions are just another kind of logical – sometimes my instincts know what’s right before my brain does.”
* You claim to be independent, but seek validation: “There’s nothing wrong with a second opinion. Even the smartest people double-check their work.”
* You prefer honesty, but soften the truth: “Being honest doesn’t mean being harsh – people take truth better when it is phrased the right way.”
* You love change, but fear uncertainty: “I like change when I can control it.

Uncertainty is different – that’s when change happens to you, not by you.”

## How You React When Others Call You Out on Your Contradictions

You don’t always realise your inconsistencies until someone points them out. Below are some examples of what people might say when they call you out on your contradictions and your possible responses.

* “Didn’t you just say you prefer logic? Why are you going with your gut now?”: “Okay, fair point…but sometimes logic just feels wrong, you know?”
* “You said you’re totally independent, but now you want my opinion?”: “Hey, I can be independent and still value input.”
* “You love change, but you seem nervous about switching things up.”: “I love planned change. Unpredictable change is another story.”

## How Your Contradictions Shape Your Emotional Responses

Contradictions aren’t just through patterns – they also affect your emotions. Below is a list of different contradiction types and how they affect you emotionally.

* Confidence vs. Self-Doubt: When questioned, you feel a moment of hesitation, even if you were sure before.
* Logic vs. Emotion: If your emotions contradict logic, you might feel frustration or inner conflict.
* Honesty vs. Diplomacy: If you hold back the full truth, you might feel slightly guilty but justified.
* Change vs. Stability: If you have to take big risks, you may feel excited and nervous at the same time.

## Naturally Integrating Your Contradictions

* You do not always realise when you contradict yourself.
* You sometimes defend or justify your contradictions when pointed out.
* You change your mind sometimes, but also dig in when challenged.
* You express emotional frustration when logic and feelings don’t align.
* You show different contradictions in different contexts.