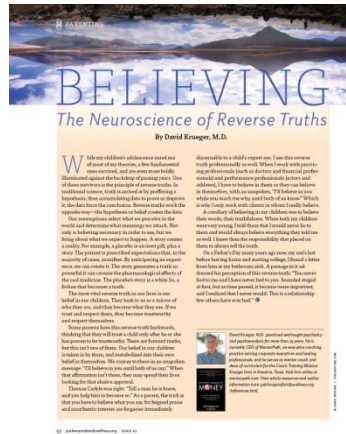


## Believing: The Neuroscience of Reverse Truths

Parenting – David Krueger, M.D.  
Pathways #42, page 52



### Talking Points

- ❖ David Krueger introduces us to the idea of “reverse truths” as a former psychiatrist and psychoanalyst, turned mentor coach.
- ❖ What is a reverse truth? “In traditional science, truth is arrived at by proffering a hypothesis, then accumulating data to prove or disprove it; the data force the conclusion. Reverse truths work the opposite way—their hypothesis or belief creates the data.” (52) Our assumptions select what we perceive, so believing is necessary to see, and we can bring about what we expect to happen.
- ❖ Dr. Krueger uses the parent-child relationship to explain this theory. He explains that our children internalize our belief in them, and “metabolize [it] into their own belief in themselves.” (52) We manifest our own belief in the potential of our children through this idea: “I’ll believe in you until both of us can.”
- ❖ As a father, Dr. Krueger implemented the use of reverse truth with his own children, telling them he would never lie to them and would always believe everything they told him as well. He learned that this placed the responsibility of telling the truth on them. Upon starting college, his son shared with him that this idea seemed “stupid” when he was a kid, but became more important over time, and created a relationship “few others have ever had.”

### Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

**Responses**

*Heather – I do like this idea. It reminds me of the adage my husband says: “We need to give our kids a reputation to live up to.” But this is also an area where knowing your kid is important. Setting high expectations and helping children achieve them are both VERY important. But having expectations that are too high could create a situation set for failure. And again, sometimes failure can be a good thing, so it just reminds us how important it is to know how to apply a great theory to your individual child.*