The Fallacies

1. The Fallacy of Control: You assume an inaccurate amount of control. You either believe you can control everything or believe you have no control.
   Alternatives: try to identify the **realistic** amount of control you have over events, yourself, and others.

2. The Fallacy of Change: You think you’ll be happy if only you can change people to be what you want them to be.
   Alternatives: your happiness depends more on yourself than others. With regards to others, you can choose how you respond, whether to leave or stay, say ‘yes’ or ‘no.’ If others do change for you, they may resent you for it.

3. The Fallacy of Fairness: You believe life is (or should be) fair according to your definition of fairness.
   Alternatives: The word “fair” is a nice disguise for personal preferences and wants. What you want is fair, what the other person wants is bogus, selfish, etc. Ask for what you want or desire without dressing it up in the fallacy of fairness.

4. The Fallacy of Motives: You sacrifice for others, and your motive is that by doing good you will (or should) be rewarded either by receiving the recognition, the appreciation, or that they will be there for you when you want.
   Alternatives: your relationships, your progress toward your goals and the care you give to people can be intrinsically rewarding. Arrange your activities to provide some ‘here-and-now’ reward. It is part of your responsibility to those you care about not to do things that will lead you to feel resentful.