

**THINKING OURSELVES GOOD  
FACTS AND FUN PRACTICES  
WEEK 3 – FEBRUARY 5, 2016**

As Dan Ariely describes on the [linked video](#)\*, humans like to think of themselves as good people, but they also like to benefit from going beyond the limit. Dan Ariely's research shows that we reconcile these two conflicting urges by coming up with justifications (reasons) for going beyond the limit just a little.

**ASSIGNMENT:**

Throughout the coming week, pay attention to situations in which you are tempted to go beyond the limit – of honesty, of prudence, or of moderation.

- What reasons do you give yourself to justify following the desire to go beyond?
- Does it help if you consider your long-term goals and values?
- Is it easier when you think of those you don't respect following the temptation?
- Is it harder when those you like and respect are going beyond the limits, too? Easier when they are not?
- How might what you are doing affect others?

Keep track of your observations as you go along.

Reflect on how the various points of view you take can change how you feel about the situation. Try experimenting to see if you can influence your friends to remember their own long-term goals and values.

\* <https://thesituationist.wordpress.com/2012/08/18/dan-ariely-on-the-situation-of-dishonesty/>