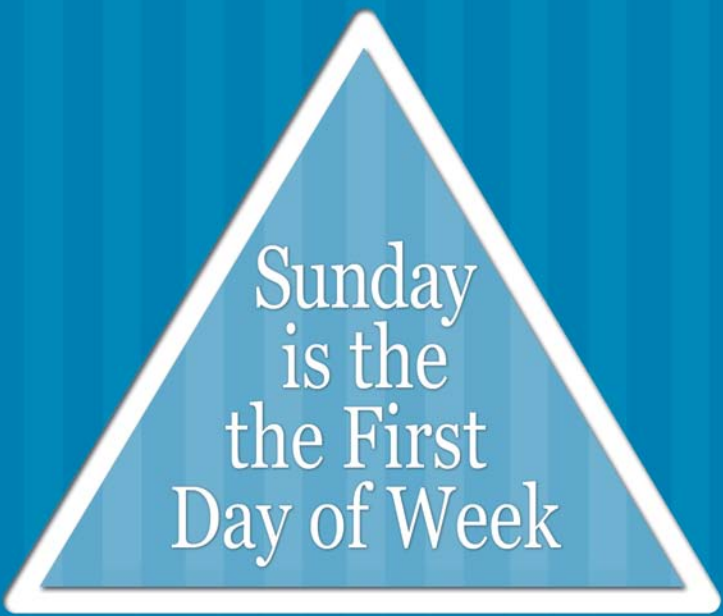


A large blue triangle with a thick white border is centered on a solid blue background. Inside the triangle, the text "Sunday is the the First Day of Week" is written in a white, serif font, arranged in five lines.

Sunday
is the
the First
Day of Week

Are you sure you read that right?

Did you notice the two mistakes in the sentence? Our brain functions according to the principle of congruence: it tends to modify its perception of reality to match its expectations. In this case, you expected to read a complete sentence, so you removed an extra "the" before "first" and inserted a "the" before "week". This principle also applies in our relationships and in how we perceive reality: we often tend to modify some information to confirm our expectations and prejudices. The moral of this story? Don't rely on preconceived notions: they change the way you see reality.

From: Beaulieu, Danie, Techniques d'Impact pour grandir : illustrations pour développer l'intelligence émotionnelle chez les adolescents, Québec, Académie Impact, 2002.

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