IRON PSYCH MONTHLY

THE STORIES WE TELL | FAMILY | WHAT'S HAPPENING

The Psychology of It

Our expectations shape what we notice. Once we decide someone is "difficult," confirming examples become easier to spot than exceptions.

Try This

At Thanksgiving, choose one person you think you know completely. Ask a genuine question. An **exploratory** question. Listen for something new… you might be surprised.

Psychology Is Funny

Thanksgiving: an annual gratitude gathering …OR the annual gathering with people who know exactly how to push your buttons~because they installed them! 😜



The Most Dangerous Story at Thanksgiving

Every family has stories. Some are funny. Some are treasured. And some are so familiar that nobody thinks to question them.

There's the difficult brother. The controlling mother. The irresponsible sister. The child who never quite measures up.

But what if the story you've been telling about someone isn't the whole story?

We don't simply respond to people. We also respond to what we expect from them. Those expectations influence what we notice, how we interpret it, and what we do next.

This Thanksgiving, try curiosity before certainty. You might discover something new… not because someone changed, but because you made room to see more.

A QUESTION WORTH asking at the gathering

What do you wish our family understood better about you?



Shrink 'n' Drink is a mixture of talk show, classroom lecture, and funny bar chatter. Psychology professor Dr. Julie Helmrich serves up humor with her answers to questions submitted anonymously by anyone present. NOT psychotherapy. Not for kids.

Shrink 'n' Drink

No November gathering.

We'll be back **Mon, Dec 14**, for another evening of psychology and conversation.

Doors: 5:30 p.m.
Program: 7:00 p.m.
Venue: Hué Asian Kitchen

2699 S Kinnickinnic Ave, Milwaukee

What's Happening

In January, we might be doing S'n'D in another location… stay tuned.

Bring a friend who enjoys good questions, and funny, but useful answers.

DID SOMEONE FORWARD THIS?

Want IronPsych Monthly in your own inbox? Get it directly each month.

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FROM DR. HELMRICH'S DESK

Curiosity and contempt cannot occupy same space

Thanksgiving dinner. Family, friends, turkey, pumpkin pie ~ and the possibility of a spectacular argument…one for the ages!

Want a better Thanksgiving? Get curious.

Instead of asking, *"Who did you vote for?"* try *"What's something you've changed your mind about?"* Or "*What made you laugh really hard this year?"* Or "*What do you admire about someone at this table?"*

The goal isn't to avoid disagreement. It's to remember that people are more than their opinions.

When we're curious rather than determined to manage someone's thinking, we stop preparing rebuttals/lectures and start listening.

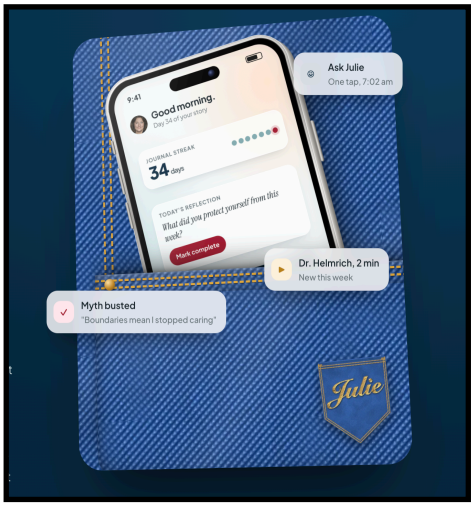
But your curiosity has to be genuine. Questions disguised as arguments won't help.

This Thanksgiving, be more interested in understanding people than convincing them. You might discover something cool about someone you thought you already knew.

POCKET JULIE • OUT IN THE WILD

November: the first full month of Pocket Julie's Founders period. Can't wait to see how Founders use it.

From the first Pocket Julie Founder: *"Pocket Julie is a treasure of a resource. The curated answers sound just like you. Not just the tone, but, the well researched, science based information behind the responses. What a great way to guide my responses to tricky interactions. I find it helps me to reflect by using the journal questions."*



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