WHAT COME YOU HERE TO DO?

# Chapter 6 — Attitudes

> *"We become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts."*
> Aristotle, *Nicomachean Ethics*, Book II (trans. Ross)

1. Think of a time when you avoided confrontation. This should be finished and resolved, and you shouldn't need a drink to think about it.

2. Write down what led you to choose the path of least resistance, and then categorize each item using this framework:
a. rationalization (technically true, mostly self-serving)
b. explanation (a real value, honestly held)
c. excuse (the one doing the actual work of letting you off the hook)

3. Name the two wolves. Which one did you mean to feed? Which one actually got fed?

**BONUS**

Do this a few times, and see which of the categories is filling more quickly.

The hard part is remembering that rose-colored glasses or a shot of Tito's while looking at the mirror might distort what you see.