



Peer Support Team Newsletter

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Peer Support Teams are available 24 hours a day, 7 days a week.

Serve - Protect - Support - Surpass

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The Psychology of "Sayings"

Are some people just luckier than others and therefore more successful in life? Maybe, but as the saying goes: the harder you work, the luckier you'll get. Interesting thought.

Most persons are quite familiar with "sayings." They are handed down from generation to generation and are part of most family systems. Some are common. Consider the saying "if at first you don't succeed, try, try, again." If this is the first time you've come across this saying, you're one of a significant minority. Most likely you learned this as a child and have been occasionally reminded of it ever since.

Certainly, if at first you don't succeed, trying again seems reasonable. But when do we stop trying to succeed at something that, in spite of our best efforts over several trials, we fail to achieve? When is it best to alter or abandon certain goals? When is it best to reconsider what we wish to accomplish?

Another common saying is "work smarter, not harder." This seems to make sense. After all, why work harder to accomplish something that working smarter could accomplish with less effort? But how do we work smarter? If we could readily answer this question, wouldn't we already be working at our smartest? Not necessarily. There are many reasons why we continue to act in ways in which we have acted, even if it's not the smartest, including "it's the way I was taught" or "it's the way we've always done it."

There are several other sayings that deserve consideration. Some appear contradictory. For instance, does "absence make the heart grow fonder" or is it "out of sight, out of mind?" Is "money the root of all evil" or does "money makes the world go 'round?" If both are true, it would seem that money is a necessary evil. Do "clothes make the man" (as the original saying goes) or should we avoid "judging a book by its cover?" Are we "never too old to learn" or is it that "you can't teach an old dog new tricks." Do "great minds think alike" or is it that "fools seldom differ" (it's interesting to note that whether a person is seen as a great mind or a fool often depends upon whether they agree with our position). That's the thing about "sayings." We can usually find one that fits our current thinking. Current thinking seems to determine which of any contradictory sayings make the most sense to us.

Why do such sayings persist? They persist because they are often considered "common sense" and examples of "folk wisdom." We use them to express a thought, argue a position, and sometimes mystically demonstrate our depth of insight. At times, we find them useful to describe others. So, a quiet person might be characterized by the saying that "still waters run deep," and a conscientious person might be viewed as an "early bird that gets the worm."

So it seems that while sayings can be useful, thought provoking, and sometimes helpful, it is up to each of us to interpret them, make them meaningful, and apply them wisely in our lives. If you find this difficult to do, maybe you just need to "put one foot in front of the other" and "try, try, again"...JAD

Work and Life Balance

Whether working and trying again, working harder, working smarter, or working harder and smarter, when considering work and life, it is important to maintain a healthy balance of work, home, relationships, and self-care. If this balance is maintained, you can continue to enjoy a satisfying career and a happy personal and family life.

C.R.S. 13-90-107(m) *Who may not testify without consent*

Peer Support and the 2024 Amendment

Colorado Senate Bill 24-063 was signed into law on 22 March 2024. It takes effect later this year.

It consolidated the peer support team subsections, defined “group peer support services,” and added the following paragraph to the statute:

“RECIPIENTS OF GROUP PEER SUPPORT SERVICES MUST NOT BE EXAMINED AS TO ANY KNOWLEDGE GAINED FROM OTHER RECIPIENTS OF GROUP PEER SUPPORT SERVICES WITHOUT THE CONSENT OF THE PERSON TO WHOM THE KNOWLEDGE RELATES.”

Dunning-Kruger Effect

The Dunning-Kruger effect is a cognitive bias in which people wrongly overestimate their knowledge or ability in a specific area. This tends to occur because a lack of self-awareness prevents them from accurately assessing their own skills.

Why do people fail to recognize their own incompetence?

Many people would describe themselves as above average in intelligence, humor, and a variety of skills. They can't accurately judge their own competence, because they lack *metacognition*, or the ability to step back and examine oneself objectively. In fact, those who are the least skilled are also the most likely to overestimate their abilities.

What is the opposite of the Dunning-Kruger effect?

If the Dunning-Kruger effect is being overconfident in one's knowledge or performance, its polar opposite is *imposter syndrome* or the feeling that one is undeserving of success. People who have imposter syndrome are plagued by self-doubts and constantly feel like frauds who will be unmasked any second.

For more information visit www.psychologytoday.com

Friendship and Love

Is the key to a happy relationship just being your partner's friend?

It may sound a little too simple, but according to research by Dr. John Gottman, long-term vitality and connection are maintained through moments of intentional friendship woven throughout the course of your relationship. Being friends with your partner is the foundation that supports your ability to make good repairs, have great sex, and stay in a positive perspective.

Building a strong friendship requires taking steps towards connecting with each other.

- Try new activities together
- Ask open-ended questions
- Listen to each other's stories
- Take time to tune in and respond to your partner in a way that leaves them acknowledged and heard
- Express interest in them and their hobbies
- Embrace your differences
- And remember that you're on the same team! (www.gottman.com)

On the Science Scene Earth, Rotation, Orbit, and You

The Earth rotates at about 1000 miles per hour (mph) at the Equator. For an observer viewing the Earth from a vantage point in space, if you were standing still at the Equator, you would be seen moving at about 1000 mph. As the Earth rotates once in 24 hours, it takes 24 hours to complete one rotation, regardless of where on Earth you stand. However, as you move north or south of the Equator, our space observer would see you moving slower and slower. If you were standing still at the north or south pole, it would still take 24 hours for you to complete a single rotation, but the speed at which you would be moving would be very slow (about 1.7 inches per hour). In Fort Collins, CO, with a north latitude close to 40.6 degrees, our space observer would see you moving about 795 mph. You do not feel this motion because everything around you is also moving at the same constant speed.

At the same time, our space observer would see you orbiting the Sun at approximately 18 miles per second.