

New Road Psychotherapy Charter of Inquiry

You do not have to believe something as true just because -

- Others have repeated it many times.
- It is part of a lineage, tradition or body of knowledge.
- It has been widely reported.
- It has been stated on television, the internet, newspapers, and books...
- It has been stated as psychotherapeutic truth, religious truth, philosophical truth, political truth, scientific truth, moral truth, and self-help truth.
- It is logical and reasonable.
- Someone has inferred something or drawn a particular conclusion.
- A therapist, teacher, writer or others have thought it out.
- Of acceptance and conviction through theory.
- The speaker appears competent.
- Of respect for the teacher, politician, and therapist.

Know for yourself what speech, thought, and action, if followed, leads to harm and suffering.

Know for yourself what speech, thought and action, if followed, leads to harmony and well-being.

Know for yourself what speech, thought and action would be supported by your inner wisdom and the wisdom of others.