

The Four Way Test

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Many struggles in people's lives could have been prevented or better if they would have just answered four questions. Early on decisions can make a difference in the way your life plays out. The Four Way Test is a four question test that helps you make better decisions in life. The test can help many with hardships in their daily life, including my own. The truth, fairness, goodwill and better friendships, plus the benefit of those around you that one is asked during The Four Way Test would have shaped many people's lives in a new direction.

Hiding the truth from people and yourself can hinder the ability to be yourself. Truth is a very important trait to carry out on you day to day life because it allows you to relax and be trustworthy. One example of what not telling the truth can do to you is people with anxiety tend to lie or hid the truth because they feel their emotions are not necessary to tell. Holding the truth in makes it harder to control your emotions until finally you explode with anger or frustration, which is common in cases dealing with anxiety. Telling the truth helps you when making decisions because it is usually what is right. When I heard of The Four Way Test I was amazed of how many times I had failed the first question: is it the truth. People look at life differently when following the guidelines of The Four Way Test.

Everyone tries to apply fairness to themselves and others. Fairness creates equality all and creates a safer and more successful world to live in. In the end fairness is not always achieved, such as dealing with anxiety makes you feel frustrated when you feel that you did not succeed or feel unaccomplished. They blame their frustration on their fellow parents, siblings, and friends but it was not their fault only their own. It is not fair to treat others based on your emotions because they have feeling just as you do that can get hurt by you not treating them fair. The Four Way Test makes you question all the decisions you made in your life such as: is it fair to all.

Comfort zones can be pushed to the max when dealing with friendships and the goodness of all. Friends are life long and makes you who you are or who you want to be. When one starts to compare or compete with their peers or friends it is likely that they have anxiety. Usually they do not consider others feelings because they have too many in themselves to worry about others. This can damage friendships that make you feel comfortable and safe, which is why this is an example of how you could have created better friendships and goodwill if you had used The Four Way Test.

The Four Way Test is very beneficial in guiding our life choices. Making the correct and moral choice is a guiding factor in life success. An example would be that people with anxiety do not regularly express themselves vocally which is not beneficial to helping them succeed in school or for the people around them. Before making decisions refer back to The Four Way Test. This can show you that this test can benefit all those concerned if you applied it.

In summation, The Four Way Test can help you with your struggling decisions. It asks you four important questions: Is it truth, is it fair to all, will it build goodwill and better friendship, and will it be beneficial to all concerned. This test will allow you to make better choices. I deeply try to apply the test to my decisions in my life. The Four Way Test is a win-win situation if you apply into your life.