**What Is the Importance of Introspection?**

So, why is introspection important? Researchers have shown that we think more than 50,000 thoughts per day, of which more than half are negative and more than 90% are just repeats from the day before (Wood, 2013). If you don’t make the time and effort to refocus your mind on the positive through introspection, you won’t give yourself the [**opportunity to grow**](https://positivepsychology.com/writing-therapy/) and develop.

Enhancing our ability to understand ourselves and our [**motivations**](https://positivepsychology.com/motivation-wellbeing/) and to learn more about our own values helps us take the power away from the distractions of our modern, fast-paced lives and instead refocus on fulfillment (Wood, 2013).

**The Importance of Doing It Right**

Reflecting on ourselves and our environments is a healthy and adaptive practice, but it should be undertaken with some care—there is, in fact, a wrong way to do it.

When your focus on introspection has morphed from a dedication to an obsession, you have taken it too far. In fact, those who take self-reflection too far can end up feeling more stressed, depressed, and [**anxious**](https://positivepsychology.com/anxiety-worksheets/) than ever (Eurich, 2017).

In addition, it is all too easy for us to fool ourselves into thinking we have found some deep insight that may or may not be accurate. We are surprisingly good at coming up with rational explanations for the irrational behaviors we engage in (Dahl, 2017).

To help stay on the right path with your self-reflection, consider asking more “what” questions than “why” questions. “Why” questions can highlight our limitations and stir up negative emotions, while “what” questions help keep us curious and positive about the future (Eurich, 2017).

Sources:

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