

DOTeDOB

- Degree of truth is relatively proportional to the degree of belonging.
- Increased truth is ascribed to social groups or individuals we belong to.
- Decreased truth is ascribed to social groups or individuals we don't belong to, especially opposing social groups or individuals.

Cognitive distortion is a social glue

- It is hypothesized that this cognitive distortion is a social glue that helps to maintain a belonging to social group or individual.
- Because it is a cognitive function it is rooted in neurological pathways. Our brains are wired to distort the truth.
- It is expected that this cognitive function crosses cultures.
- This distortion of the truth makes humans vulnerable to believing thoughts that result in some of the worst behaviors imaginable.

How To Balance DOTeDOB

- To balance our own neurological distortions we must use some disbelief when listening to our own leaders of social groups we belong to
- Allow some belief when listening to the leaders of our opposing groups.

Examples of DOTE DOB

- Leaders of social groups are believed by members when promoting lies, untruths, violence, bigotry, nationalism, or racism.
- Family perpetrator is believed by family members instead of the victim of physical and sexual abuse.

Examples of DOTeDOB cont

- Adolescence is a period of disconnecting from the family group and joining with peers. Adolescents increase their disbelief of their parents during this stage.
- Someone is emotionally injured and tends not to belong to others. They have increased disbelief of others.

DOTeDOB

- Hypothesis: $DOB = DOT$, Degree of Belonging = Degree of Truth
- Degree of Belonging Equals Degree of Truth (DOBEDOT)