

Want to truly know yourself? Ask a friend

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Milwaukee-Wisconsin Journal Sentinel:

How well do we know ourselves?

“It’s a natural tendency to think we know ourselves better than others do,” says Simine Vazire, an assistant professor at Washington University in St. Louis and author of a new paper on the subject in the journal *Current Directions in Psychological Science*

However, Vazire and colleague Erika N. Carlson report that our own self-understanding is marred by blind spots caused by our own wishes, fears and unconscious motives. Friends, the authors suggest, see things in ourselves that we do not. Hence the need to consult a friend to gain a fuller understanding of ourselves.

Read the whole story: [*Milwaukee-Wisconsin Journal Sentinel*](#)