

Syracuse Inter

Comprehensive o

"Insanity is doing the same thing over and over again and expecting different results."

The Concept

We often spend years analyzing why we do things. "Why do I procrastinate?" "Why do I push people away?" "Why do I drink?"

Understanding "why" is interesting, but it rarely changes behavior. To create real change, we must ask a much harder, more direct question:

"Is what you are doing getting you what you want?"

This is the **Reality Check**. It bypasses guilt, shame, and excuses. It focuses purely on effectiveness. If your strategy isn't working, no amount of explaining will fix it. You need a new strategy.

Deep Reflection: The Effectiveness Inventory

Be brutally honest. List the behaviors you use to cope, and check if they are actually working.

Behavior

"I yell at my partner when I feel unheard."

Is it getting you what you want?

NO. It makes them shut down, and I feel even more unheard.

Behavior

Is it getting you what you want?

Behavior

Is it getting you what you want?

The Turning Point (Action)

If the answer is **NO**, you have only two rational choices:

- 1. Keep doing it and accept that you will continue to suffer.
- 2. Try something different—even if it feels uncomfortable or scary.

Note: "Trying harder" at a failed strategy (e.g., yelling louder) is not a new strategy.

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