Mom Was Right: Some People Are a Bad Influence

January 21, 2010 By David Evans

When we see other people gorging themselves on cakes and pie, we're far more likely to do so ourselves. If we see them munching on carrots or celery, we're more likely to eat like bunnies.

That's the conclusion of researchers. It's not just peer pressure either. The scientists had people watch an individual eat either cookies or carrot sticks. Then, the same people later took a self control test having nothing to do with those food choices. The people who saw someone chowing down on sweets had less self control.

Worst thing is that it's not just your friends who affect you. The obnoxious guy two cubicles over at work can also influence your behavior. The teachable moment? Don't bring donuts to work and stay away from others who do.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.sanemag.com/blog/mom-right-people-bad-influence