

To what extent right.?

1. Certain amount of skepticism is natural. By that we can judge people correctly. We can never be fooled. It helps critical judgment but beyond a limit it would be leading to a non-trusting character, which is not good.
2. There needs to be a balance between trust and mistrust. Otherwise skepticism will lead to a negative view and it will militate against happiness and balance of life.

More exists beyond one's thoughts.

3. Lot of other things exist beyond oneself. We get to know ideas from people also. Our horizons also get broadened by trusting people and interacting with them and one will become more happy in the process and also social by becoming a more positive and trusting character.
Suppose a person starts doubting everybody, he becomes self absorbed and becomes a "paranoid" which means extremely "doubtful in nature".

4. An Example

Children are usually trusting type than adults and say in a situation of storm during a ship journey, the child comes back to mother's lap and becomes comfortable since he trusts the mother. But adults who have reasons to feel that the storm may damage the ship and lead to a situation of danger are rightly skeptical at that moment. Here skepticism is natural and adequate, but if a person on the other hand always feels that he is likely to be in danger while in such transit, and he relies on this kind of own extreme skeptical thinking and does not accept others view points he becomes continuously unhappy.

Such illusions about his journey are negative and goes against his happiness and mental balances in the long run.