

**TWO THINKING SYSTEMS
FACTS AND FUN PRACTICES
WEEK 2 – JANUARY 29, 2016**

Humans have two, well-integrated neurological systems. One is fast, broad, effortless, and involuntary. The other is slow, sequential, effortful, and voluntary. Our habits and intuitions are part of the first; our reasoning and problem-solving part of the second. Research shows that our first automatic system makes our value judgments and our second “rational” system then comes up with reasons to justify the decision we have already made.

ASSIGNMENT:

Throughout the coming week, pay attention to what judgments you make automatically. Try to be aware of whether the feelings or the rational come first.

- Are you able to do this?
- What tricks or techniques are you using to become aware of what you do without thinking?
- Try to argue a point of view that is different than the one you intuitively feel, for example, by considering an expanded set of facts.
- If the issue involves others, try using open questions to develop a different point of view.

Keep track of your observations as you go along.

Reflect on how your experiences. How do feelings, values and preferences tend to color the facts you choose to support your arguments? Try to consider what things might feel like under circumstances different than the ones you have experienced. Is “truth” the same for everyone?