

The Mental Immunity Scale

Instructions:

For each of the following, pick the column that best describes your relationship to the statement. For example, if the statement says something you readily agree with, select "Very much like me." If it expresses an idea you're not particularly comfortable with, select "Not much like me." Then circle the number in the column you chose. Try not to overthink things; the idea is to compare yourself to "most people," pick, and move on.

	Not at all like me	Not much like me	Somewhat like me	Mostly like me	Very much like me
1- My beliefs are important to me.	5	4	3	2	1
2- I'm quite comfortable with doubt and uncertainty.	1	2	3	4	5
3- My intuitions about what's true and right are pretty reliable.	5	4	3	2	1
4- I appreciate it when people challenge me to rethink things.	1	2	3	4	5
5- Evidence is in the eye of the beholder.	5	4	3	2	1
6- I'm willing to examine and modify even my most basic values.	1	2	3	4	5
7- Reasons are for validating beliefs you know in your heart are correct.	5	4	3	2	1
8- I've got a lot to learn—and unlearn.	1	2	3	4	5
9- I'm entitled to my opinions.	5	4	3	2	1
10- I try to guard against wishful thinking.	1	2	3	4	5

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Add up the numbers you circled: _____

Then divide the result by ten:

We call this number your "aggregate mental immunity score."
(It has meaning only in comparison to other people's scores.)



If comfortable doing so, please share your name: _____
(If you'd rather not, that's fine too.)

Name (printed)

_____ Date