

12 Steps to Mental Immunity

Step 1:

Play with ideas.
Test them.
Ask questions.
Pose challenges.

Step 2:

Understand that
minds are not
passive
knowledge
receptacles.

Step 3:

Get past the self-
indulgent idea that
you're entitled to
your opinions.

Step 4:

Distinguish
between
good and
bad faith.

Step 5:

Give up the idea that
learning is merely a
matter of *adding* to the
mind's knowledge
stockpile.

Step 6:

New information is like
a puzzle piece; you
must find where it fits
and how it connects.

Step 7:

Don't use
"Who's to say?"
to cut short unsettling
inquiries.

Step 8:

Let go of the idea
that value judgments
can't be objective.

Step 9:

Treat challenges to
your beliefs as
opportunities rather
than threats.

Step 10:

Satisfy your need for
belonging with a
community of *inquiry*
rather than
a community of *belief*.

Step 11:

Upgrade your
understanding of
reasonable belief.

The idea that a good
reason can fully secure
a belief is a myth.

Step 12:

Don't underestimate the
value of ideas that *have*
survived scrutiny.