

CHEAT SHEET · IF YOU THINK THIS IS NONSENSE

Cheat sheet for skeptics.

You can be right that this is wrong and still pass.

Not every hardship is a test, and nothing here is graded.

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Do one costless kindness and watch what it does to you.

Hold a door, let someone merge, pay a small toll for the car behind you. Then notice, honestly, whether anything changed in you, even nothing.

SAY "Go ahead."

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Check the sources yourself.

Open the evidence page for a sheet and read the papers, not the summary. If a link is wrong or a claim is stretched, you have found something real.

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Write down what would change your mind.

Before you decide, put it on paper: "I would update if I saw ___." A belief that nothing could change is worth a second look, in either direction.

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Argue with the strongest version of the claim.

Not the silliest one. Restate the idea so its defender would say "yes, that's it," then take it apart.

SAY "Is this what you mean?"

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Notice your own motivated reasoning.

Everyone reasons toward the answer they want some of the time, including the author.

ASK "Would I be this quick to dismiss it if I liked where it leads?"



Tell the author where he is wrong, kindly.

The site lists a way to send corrections. Be specific: the claim, the page, what the better source says. Say it plainly, without contempt.



Do one thing that is good in any case.

Help someone who can do nothing for you. It passes whether the idea is true, false or meaningless.

IF YOU ONLY DO ONE THING THIS WEEK

This week: one costless kindness, one source checked, one thing written down that would change your mind.

You are not asked to believe anything here. The site calls its idea a hypothesis, and its own limits are listed on the evidence page.

This is practical, not religious. I think what you show with your choices is what counts. Share it freely.



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