

1. I understand strong-sense critical thinking to mean...

Strong sense critical thinking to me means thinking and reasoning with a fair and open mind, where one engages in thinking while considering various viewpoints, and with a sincere attempt at thinking with adherence to the highest intellectual standards, particularly fairmindedness and empathy.

2. I understand weak sense critical thinking to mean...

Weak sense critical thinking to me means thinking and reasoning with a closed mind, where one may still use intellectual standards in their thinking but rather selfishly (either consciously or unconsciously), for example, while disregarding others' viewpoints that may be reasonable, valid, and important to consider, but which may not align with one's own beliefs. It involves thinking in a way that is intended to serve only one's own self, rather than thinking that is grounded in fair-mindedness and empathy.

3. I see the following examples of strong-sense critical thinking in my thinking and actions...

At work, often I will intentionally ask someone's line of reasoning so that I can know why they are making certain assertions or claims, so that instead of drawing a conclusion prematurely that they are "wrong", I can better understand what their point of view is, and make better sense of their premises, and where (and why) we differ.

When asked questions, I don't claim to know more than I actually do. I answer based on the information I have, and I will say I don't know something when I need to collect more information or need more time to process the information I have collected.

4. I can admit to the following examples of weak-sense critical thinking in my thought and actions....

In stressful situations, I will sometimes lose control on my strong-sense critical thinking. I will make assumptions and rationalizations about the underlying intentions or reasons behind the actions of others at work, especially if I "feel" that they are acting against me or "using" me for their own benefit. In such cases, I engage in unfair or closed-minded thinking because it is easier to reach conclusions that are consistent with my "feelings" instead of doing the work to better understand the truth of someone's behavior.

5. I can improve my thinking and my behavior in the following ways, based on this analysis...

If I feel that someone is acting against me or using me for their own benefit, I can take a pause and formulate good questions — either to ask myself or ask them directly — which can help me

better understand or reveal someone's genuine intentions. If it does indeed reveal that someone is acting in bad faith, I can reason through appropriate next steps, such as talking to them directly, or their manager if needed. Often, someone's behavior that seemed threatening to me happens to be more their own incompetence rather than something genuinely malicious. Formulating better questions instead of reaching conclusions based on mostly assumptions will help me practice and develop strong-sense critical thinking even in stressful situations.