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### CT800 Week 3 Assignments

#### **3) My Understanding of each Element of Reasoning:**

##### **Purpose**

- a. I would briefly define "Purpose" as the goal of my thinking.
- b. In other words, "Purpose" is what my thinking is directed towards in a way to make progress in the world.
- c. For example the purpose of thinking about a diet plan could be the aim to become healthier or get in shape.

##### **Questions**

- a. I would briefly define Questions as the guiding posts to accomplish whatever purpose (goal) I've set out.
- b. In other words, Questions orient me and illuminate a mental path that I have to go down when wanting to make progress in the world.
- c. For example Questions related to a diet plan would be "What are my intolerances?" or "What Macronutrients do I need to consume in which amount?"

##### **Information**

- a. I would briefly define Information as packaged knowledge catering to the questions I've asked.
- b. In other words, Information gives the question context, depth, and mental building blocks to answer the questions.
- c. For example Information related to a diet plan would be the amount of calories I needed to consume, the amount by which refined sugar spikes Insulin Levels or even my blood work results.

##### **Inferences**

- a. I would briefly define Inferences as the logical path resulting from information.
- b. In other words, Inferences are mental stepping stones when going down the path of a distinct question.
- c. For example, if I knew from my blood work results that I suffered from Type 2 Diabetes, I could narrow the information gathered to foods that are low in the Glycemic Index.

## **Concepts**

- a. I would briefly define concepts as lenses through which you can interpret Information and therefore Inferences.
- b. In other words, Concepts help us by giving meaning to the Information (and Inferences) we've gathered.
- c. For example the concept of the Paleo Diet or Ketogenic Diet could give me a lense through which one who suffers from Type 2 Diabetes could make food choices.

## **Assumptions**

- a. I would briefly define Assumptions as mental axioms from which you reason up.
- b. In other words, Assumptions are the things we take for granted to ground ourselves in some kind of elemental truth.
- c. For example an assumption about the effects the Paleo or Ketogenic Diet could have on one who suffers from Type 2 Diabetes could be that it actually matters what one puts in his body and that the food choices made through the lense of those diet concepts could help regulate blood sugar levels.

## **Implications and Consequences**

- a. I would briefly define Implications and Consequences as the actionable steps that follow from thinking.
- b. In other words, Implications and Consequences bridge the gap between the mental and the physical.
- c. For example an Implication of the assumption that it matters what one puts in his body when suffering from Type 2 Diabetes could be to not buy sugary sweets anymore. A Consequence (which to me sounds a little more restricting than the word "Implication") could be that one who suffers from Type 2 Diabetes had to skip sugary cake at a family gathering.

## **Point of View (-> Practical Application of Intellectual Empathy)**

- a. I would briefly define the Point of View as the way a specific individual looks at a situation concerning all environmental factors.
- b. In other words, a Point of View describes a standpoint from which you can look at the Implications and Consequences resulting from the path of reasoning.
- c. For example, the Point of View of a dietitian on a situation in which one is suffering from Type 2 Diabetes differs immensely from a Confectioner. While the former sees potential health risks, the latter might see someone who won't buy cake from his company anymore.

(This is a very bad example)

## 6) Journal Entry: Awareness of the Elements of Reasoning and their applications in your daily life

### Situation

I often think about the life I want to create for myself. I can see various versions of potential lives and what it might take to reach that point. I am not closed off to the fact that I can influence the path I'm taking in life substantially as I am just 22 years old. Furthermore, I know that the Progression Bias distorts my view of what I want for my life with what I currently want. Also, I don't want to underestimate the Linearity Bias that is innate to humans, meaning that I know that "doubling down" on specific goals might lead me to accelerated returns in that field (Mastery). This is a perfect topic to apply the Elements of Reasoning to.

### Response

Purpose:

- I want to create a compelling vision for my life to have something as a guiding Northstar

Questions:

- What is a fulfilling life constituted of?
- In what way do the curated lives on Social Media influence my way of thinking about what a fulfilling life entails?
- How do I overcome my fear of Opportunity Cost & Time Waste due to "Analysis Paralysis"?
- In what ways do my genes and naturally imposed limitations play a role? (Gender)

Information:

- Autonomy & Intentionality (agency over one's life) are two main determinants of a "good life"
- Field of Positive Psychology caters to the topic of "What makes a human satisfied"
- Hedonic Treadmill vs. Eudaimonic Happiness
- Maslow's Hierarchy of Needs
- Helping others and transcending oneself is the ultimate goal

Inferences:

- Studying and knowledge (experience) is what is going to reveal to me what really matters
- Constant "checking in with oneself"
- Applying Fairminded Critical Thinking to overcome self-centeredness (after achieving a reasonable and sustainable lifestyle for myself)
- Reconnecting with nature and distancing oneself from highly curated online experiences

Concepts:

- Neuroplasticity & Growth Mindset: I can learn everything
- Depth of Understanding, Pattern Recognition -> Model "The Deep Life" coined by Cal Newport

Assumptions:

- A "life well-lived" does not have to be left to chance & probability

- There is no one-size-fits-all approach to designing a life, but Intellectual Courage & Honesty (letting evidence guide my way) should serve my well-being

#### Implications & Consequences

- I need to learn more and expose myself to a variety of experiences
- I need to create processes & re-iterate on them
- Only action is going to put theory into practice
- There are steps & stages to a life well-lived and a form of “Ego-Development” that goes along with that

#### Point of View

- I am viewing the purpose of building a “Good Life” from the lens of a 22-year-old. That might mean that I need to ask older people whom I respect and aspire to be like about what they think a “Good Life” entails.

#### Analysis

Applying the Elements of Reasoning gives a really good structure and a reminder of what I need to educate myself on to know what a life well lived is constituted by.

#### Implications

I should take the content of the course CT800 serious.

Information	Inference	Assumption leading to Inference	Implications of Inference
You see a woman in a wheelchair.	She must have a sad life.	All people in wheelchairs have a sad life.	I will go out of my way to do something nice for her.
A police officer trails your car closely for several blocks.	She is going to pull me over.	Policeman only follow people they intend to pull over.	I begin thinking of excuses for my driving.
You see a child crying next to her mother in the grocery store.	The Child must want to signal something to the mother.	Children lack the capacity to communicate their needs in some situations.	I need to study what it usually means when a child doesn't know how to communicate verbally and therefore cries.
Your spouse forgets your anniversary.	The anniversary must not be of great significance for my spouse.	Humans don't remember things if they aren't significant enough for them.	I might want to check whether my spouse also forgets other things that I deem "significant".
Your spouse runs up a huge debt on credit cards.	My spouse must not know the potential dangers associated with such things.	People who do not know the potential dangers of debt aren't financially well educated.	I must either educate my spouse or split financial decision-making.
Your child's grades drop from As and Bs to Ds and Fs	There must have been a change in priorities for my child.	Children are autonomous human beings just like parents are.	to make sure that it's just a shift in priorities and no other serious issues.
Your boss calls and says she needs to see you immediately.	I must be involved in a situation that is of major significance for my boss.	People don't call you if the issue their dealing with isn't significant.	I think of what the issue might be, how I can prepare, and realize that it is worth having my phone on "loud".
You got turned down for a job you really wanted.	I must not be qualified enough for the job in the eyes of the employer.	People who seek functional collaboration don't decline if it comes along.	I need to improve upon my skillset or learn how to market myself better.

<p>Your best friend doesn't return you phone call for several days.</p>	<p>My best friend must have other priorities at the moment.</p>	<p>"Best Friendships" are usually based on truth which is why I don't think that my best friend is playing games.</p>	<p>I need to wait some more, until I get into contact and then ask what's up. If the answer doesn't seem true, I might want to rethink the friendship.</p>
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\* I don't agree -> There is research pointing to the fact that humans adapt hedonically to whatever circumstance they find themselves in  
In Addition, there are countless people who have a sad life who aren't in a wheelchair

\*These examples are really dramatic

# Implications

**You decide to take a weeklong cruise in the Caribbean next week...**

**What implications are possible from this decision?**

- The cruise will get canceled
- I will see whether traveling is something for me

**What implications are probable from this decision?**

- The weather will be bad
- I might discover a new vision for my life

**What implications are necessary?**

- I need to communicate with all obligations & liabilities
- I need to be open for new experiences

**Does each implications count for or against the decision?**

- No, not necessarily. They are rather “preparing for the worst, but hoping for the best.”

**What implications are there for other people beside yourself?**

- Someone might need to take care of obligations that I can't take care of while I'm away

**Based on the implications identified, is this a good or bad decision for you?**

- This is a good decision for me because I get to see at least whether I can take off 1 entire week without everything falling apart.

# Implications

**Think of an important decision you recently made or will be making....**

Decision: Dropping out of college to pursue entrepreneurial endeavors (22yo)

**What implications are possible from this decision?**

- I might fail
- I might discover my Life's Work and gain autonomy

**What implications are probable from this decision?**

- There will be a lot of unknowns for me
- I will need to work without any direct feedback
- I will need to cut back on other endeavors in life

**What implications are necessary?**

- I need to be able to work without a fixed schedule
- I need to differentiate between work that is important and unimportant

**Does each implications count for or against the decision?**

- No, there are Up's and Down's associated with this decision

**What implications are there for other people beside yourself?**

- I won't be available for everyone
- I won't have a fixed schedule for others to count on

**Based on the implications identified, is this a good or bad decision for you?**

- I think that this is a good decision as I'm just 22 years old and I'm content with failing until I succeed up to the age of 27.

## Practice in Making Explicit Our Point of View

Profile yourself by listing the various points of view that you filter the world through. For example, do you see the world as a democrat, a republican, a Christian, a Muslim, middle-class, etc. List as many points of view that may be active in your thinking.

What follows is a list of possible objects of our thinking. Choose from the list choose, or create one or more of your own for a total of 7 to think about. Then identify how you would look at each, from your point of view.

Men	Politics	The problems we face as a nation
Women	The News	Mass transportation
Human Conflict	My economic future	The environment
Our health care system	Religion	Legalized marijuana
Marriage	Income Tax	Elections
Human sexuality	Welfare	Conservatives

Example,

When I look at Men and Women, I see a lot of confusion regarding what is classified as “masculine” or “feminine”.

When I look at Human Sexuality, I see a lot of uncomfortable barriers each gender puts on him- or herself resulting from the prior.

When I look at The environment, I see a huge potential for engineers to help us overcome evident problems.

When I look at Politics, I see a lot of drama (Personnel Policy) and by that dysfunction – not to mention claims that are made without any evidence.

When I look at my economic future, I see a lot of potential if I’m able to stay in emotional control.

When I look at Marriage, I see an asymmetrical legal downside for men.

When I look at The News, I see a lot of stuff that is aiming to distract me (negativity bias, Agenda Setting Function, Narratives, Assumptions).

When I look at Religion, I see several lenses through which you can differentiate between right or wrong.

## Thinking Through the Logic of Taking a Vacation to Russia.

Answer the following questions based on each of the elements.

What is the purpose of this vacation?

- Getting to know Russia, how it is to live there, and what the culture has to offer.

What is the main question(s) at issue that I should ask to achieve my purpose?

- What places do I need to see to not just get a surface level tourism-understanding (sightseeing) from Russia?

What information do I have or need about this vacation?

- What is the average economic situation in Russia compared to my country?
  - o Cities vs. country-side
- What is the history of the country?

What are the main assumptions I make about vacationing in Russia?

- For a country that is involved in a war, I assume that what I'm seeing during war-time might not be what I would see during peace-time.
- Due to the landmass, I assume that there is a great economic disparity between cities and the country-side.

What are the main implications of taking this vacation?

- I must be careful (physically, but also to not make quick generalizations)
- I might need to dig a little deeper into the culture than staying on a surface-level sightseeing trip.
  - Going to the country-side
  - Talking to people that live there

What are the main concepts I use when thinking about vacationing in Russia.

- Ost/West Conflict
  - Historically
  - Currently
- Vacation / Tourist Lense vs. Actually living there

What inferences (conclusions) should I make about this vacation?

- I might not get a real and full-picture understanding of what it is like to live there if I only stay for a short period of time

What is my point of view going into this vacation?

- Due to movies and biased education, I might go on the vacation with a stereotypical lense