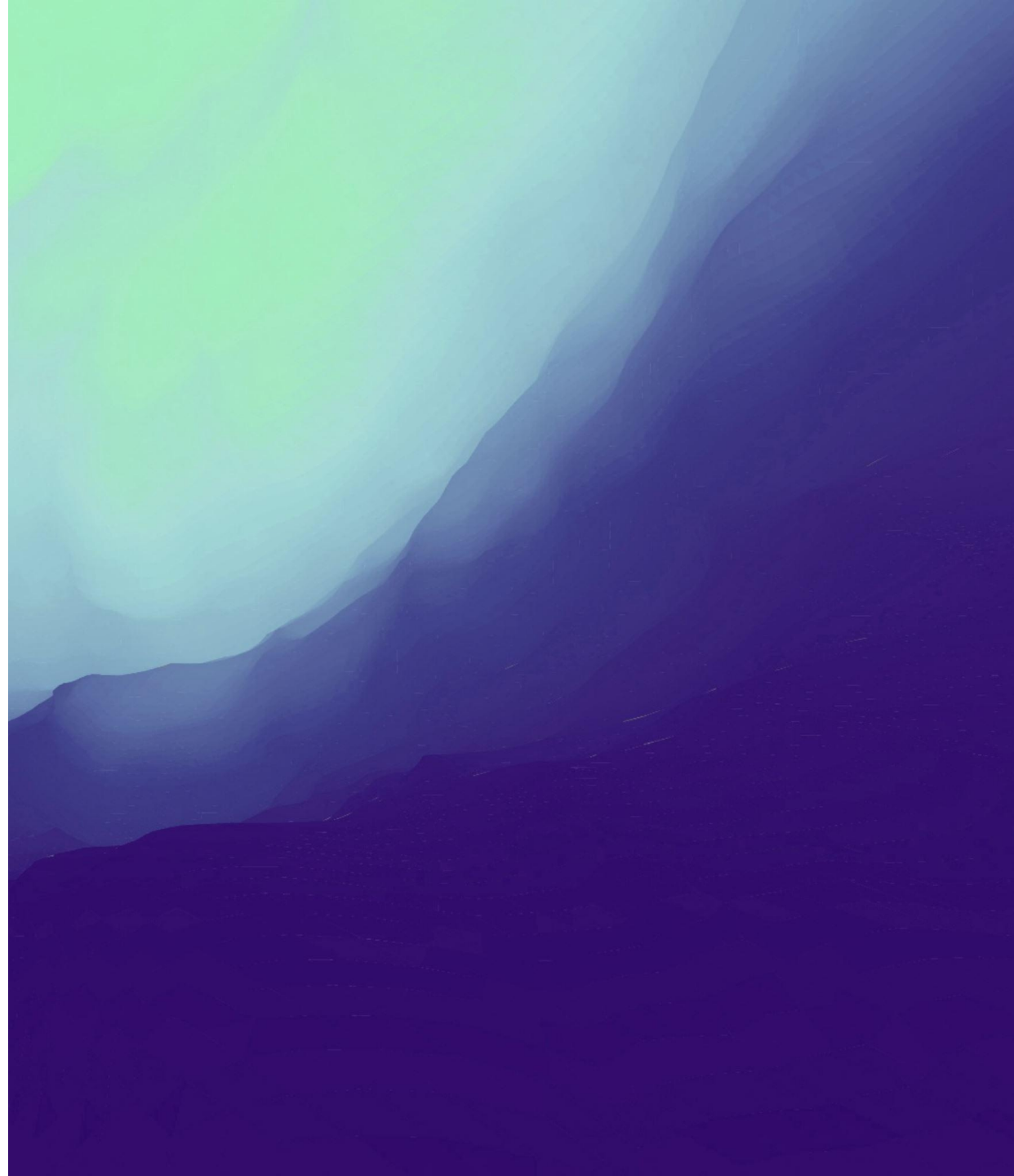

CLEAR THINKING: OVERCOMING COGNITIVE BIASES AND EMOTIONAL REASONING IN RELATIONSHIPS



HOW DO YOU THINK I WANTED TO RESPOND?

- A. Sigh... why didn't you think of that BEFORE we packed everything...
- B. YOU look for it in the garage
- C. My wife is evil. She intentionally wants to make my life hard
- D. There was a lot going on. I understand.
- E. Wow, another opportunity to serve my wife! Exciting!

“When people share the **worst decisions** they've made in life, they are often recalling **choices made in the grip of visceral emotion** : anger, lust, anxiety, greed.”

Chip & Dan Heath,

Decisive

WHEN OUR
THINKING IS
UNRELIABLE,
OUR DECISIONS
ARE TOO



~~SHARE WITH~~

NEIGHBOR:

A TIME WHEN YOU
MADE A DECISION - BIG
OR SMALL - THAT YOU
LATER REGRETTED



YOUR
THINKING IS
NOT AS CLEAR
AS YOU THINK
IT IS...



ROMANS 12:2

Do not be conformed to this world, but be transformed by the **renewal of your mind**, that by testing you may discern what is the will of God, what is good and acceptable and perfect.



CLEAR THINKING \neq
INTELLIGENCE



GOAL: THE FILTER OF HOPE!

To provide a process that can detect the pollutants of **bias** and **emotion** in our thinking, and a consistent way to implement that in our day-to-day lives

1

Understand the
Problem

2

Learn the
Process

3

Put it into
Practice

ROADMAP



1.
UNDERSTAND
THE
PROBLEM:

WHY ARE WE
UNCLEAR
THINKERS?



TWO POLLUTANTS OF CLEAR THOUGHT

1. Cognitive Biases
2. Emotions

POLLUTANT #1: **COGNITIVE BIASES**





57% OF AMERICANS SUFFER FROM POSTING
REGRET



77% OF YOUNG ADULTS ARE "VERY" OR
"SOMEWHAT" CONFIDENT THEY CAN SAFELY TEXT
WHILE DRIVING



CONFIRMATION BIAS

FUNDAMENTAL ATTRIBUTION ERROR

THE POINT IS
AWARENESS!



POLLUTANT #2: EMOTIONS

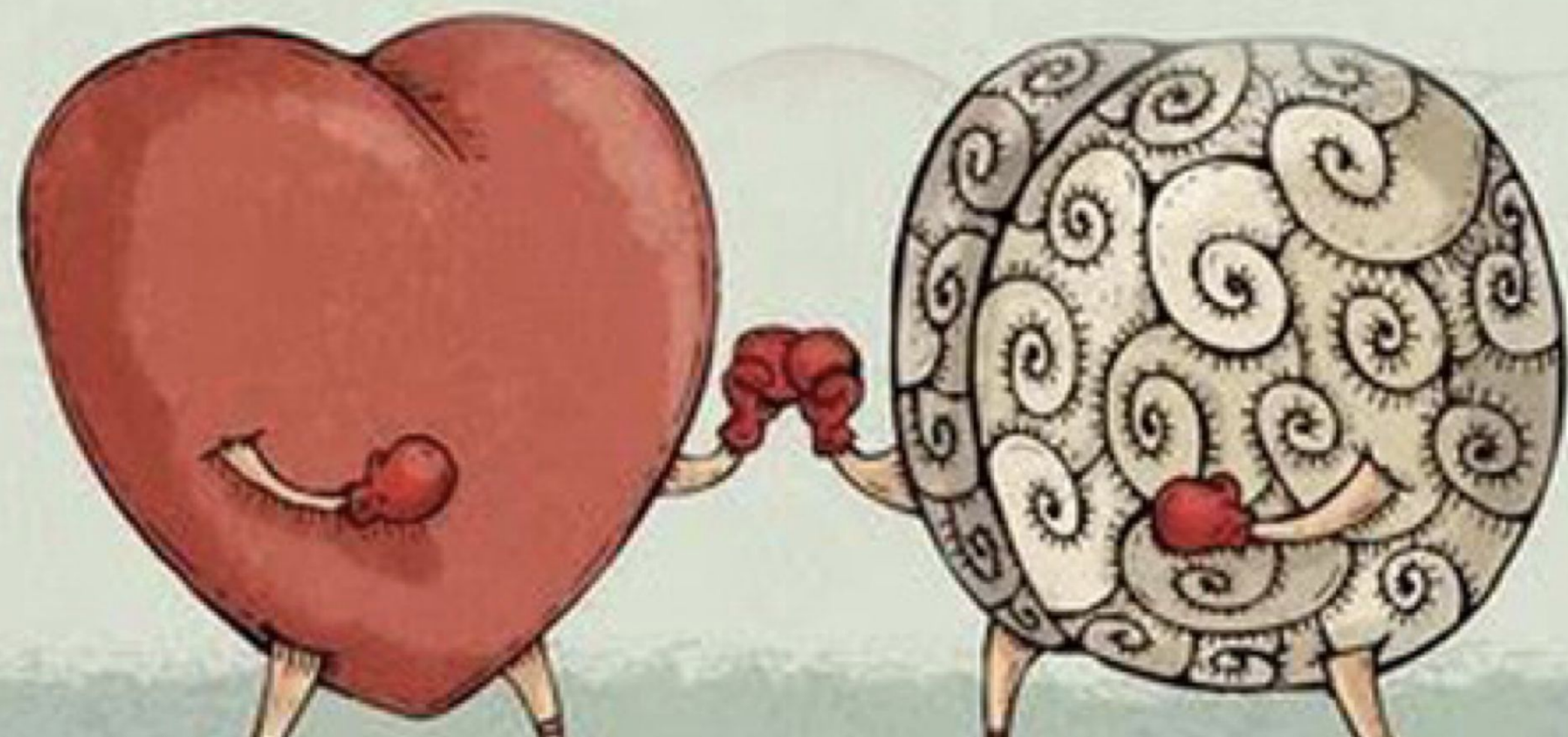




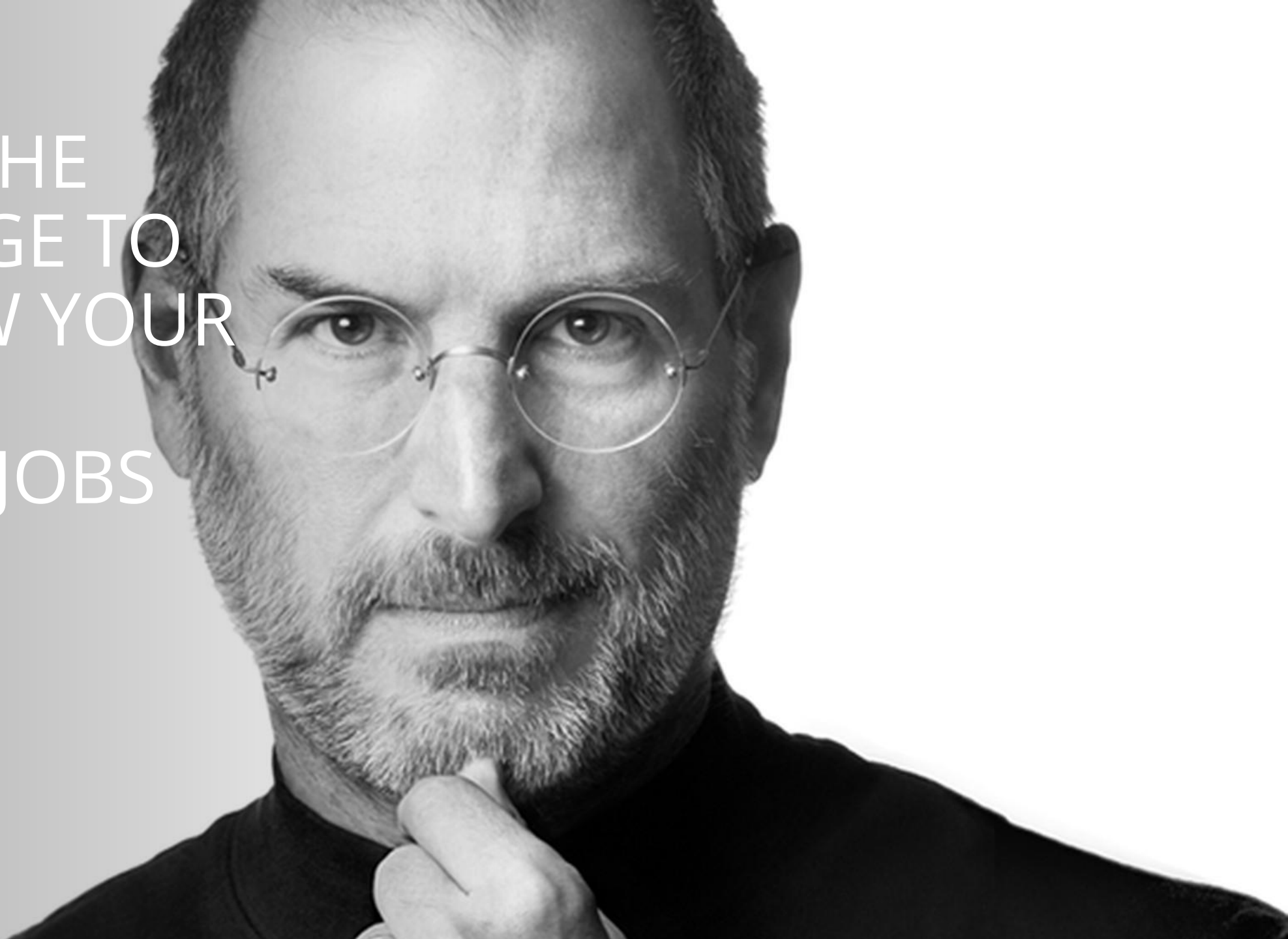
EMOTIONS ARE
GOD-GIVEN

*“In a conflict between the heart and the brain, follow
your heart.”*

– Swami Vivekananda



“HAVE THE
COURAGE TO
FOLLOW YOUR
HEART”
- STEVE JOBS





**THE MIND IS
MEANT TO
RULE THE
HEART, NOT
THE OTHER
WAY AROUND**



JEREMIAH 17:9

The heart is deceitful above all things,
and desperately sick; who can
understand it?

EMOTIONAL REASONING

Concluding that
our emotional
reaction proves
something is
true, regardless
of the observed
evidence



2. LEARN THE PROCESS



C.L.E.A.R.

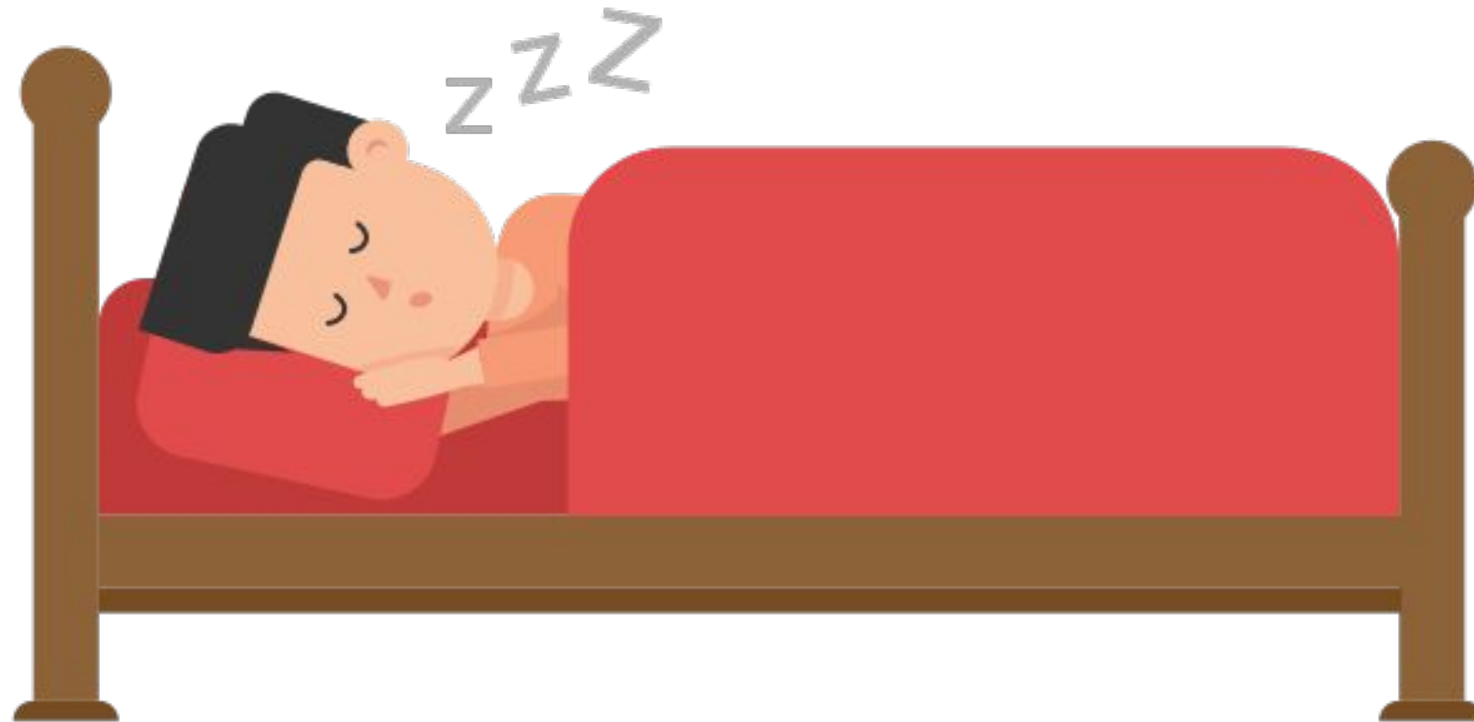
CALM DOWN
LIST OUT FACTS
EVALUATE YOUR EMOTIONS
ADJUST YOUR PERSPECTIVE
RECAP (NET IT OUT)

DEMO: MY FRIEND / HOUSEMATE DOESN'T LIKE ME



CALM DOWN

What SHOULDN'T I do right now?



LIST THE FACTS



EVALUATE YOUR EMOTIONS

Am I right to feel this way?

Are these feelings warranted?



ADJUST YOUR PERSPECTIVE

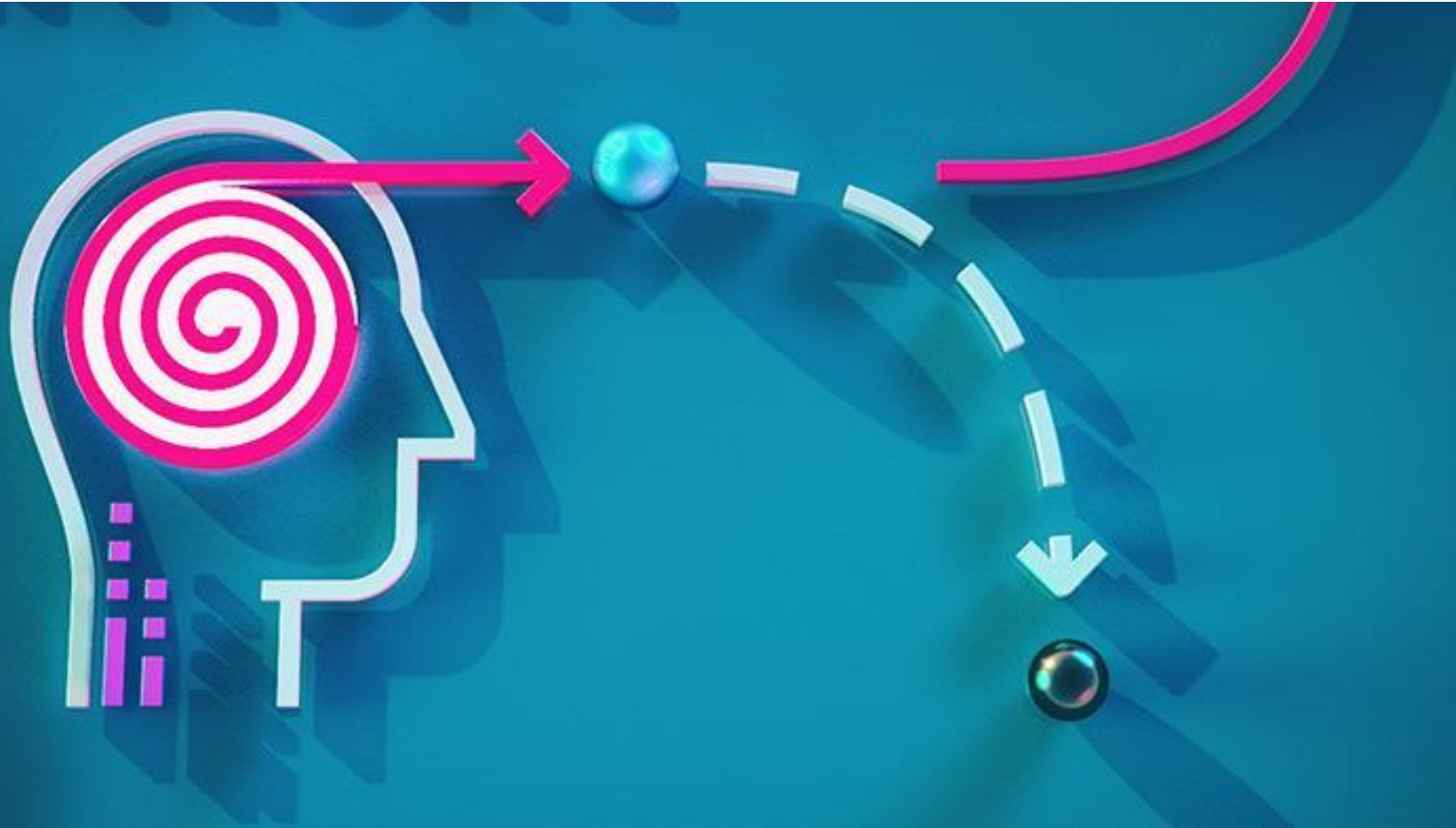
What feelings ARE warranted now?

What are some unspoken assumptions I have that need to be challenged?



ADJUST YOUR PERSPECTIVE

1. ASSUME POSITIVE INTENT



ADJUST YOUR PERSPECTIVE

2. "BEST FRIEND" TEST



ADJUST YOUR PERSPECTIVE

“While we think of our **friends** , we see the **forest** .
When we think of **ourselves** , we get stuck in the **trees** .”

Chip & Dan Heath,
Decisive



RECAP (NET IT OUT)

What is my conclusion?

What am I going to do about it?



**REVIEW: WHAT DOES
EACH LETTER IN C.L.E.A.R.
STAND FOR?**

3. PUT IT INTO PRACTICE



TRIGGERS



-
- When I find myself holding a grudge against somebody
 - When I feel upset and unresolved
 - When my thoughts are leading me towards isolation: wanting to move away from people
 - Whenever I'm in a disagreement with someone
-

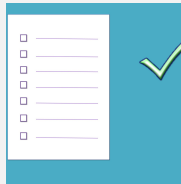
INSTRUCTIONS FOR C.L.E.A.R. EXERCISE



Identify a personal situation



Apply CLEAR



Skip Calm Down, Start with List the Facts

C.L.E.A.R. EXERCISE



05:00

DISCUSS: WHAT WAS
HELPFUL ABOUT THAT
EXERCISE? WHAT'S ONE
THING YOU LEARNED?

RECAP (NET IT OUT)

01:00

TIPS FOR EFFECTIVE USE OF C.L.E.A.R.





TIP #1:
WRITE IT
OUT

TIP #2: SET A TIME



WE ALL NEED CLEAR THINKING!



1 PETER 5:8-9

Be **sober-minded**; be **watchful**. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.
9 **Resist him**, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.
