

FACTFULNESS RULES OF THUMB

Humans have cravings for sugar, fat and drama. Over time the dramatic messages pile up to an over-dramatic worldview. Blaming media and checking sources doesn't solve the problem. Instead we suggest that everybody learns to defend themselves against unhealthy intake of drama, which only leads to unnecessary stress and bad global decisions. Factfulness will change how you read news and help you achieve a more fact-based World view.

DRAMATIC INSTINCTS

FEAR



NEGATIVITY



EXAGGERATIONS



GAPS



STEREOTYPES



DESTINY



GENERALIZATIONS



SINGULARITY



BLAME



URGENCY



RULES OF THUMB

CONTROL YOUR FEARS



EXPECT NEGATIVE NEWS



CHECK PROPORTIONS



REMEMBER THE MAJORITY



SEE THROUGH STEREOTYPES



NOTICE SLOW CHANGES



AVOID SWEEPING GENERALIZATIONS



USE MULTIPLE TOOLS



RESIST BLAMING



TAKE SMALL STEPS



REMEMBER THAT

If you feel fear, remember that fear is a basic and easily arousing feeling.

If negativity hits you - make a habit of asking yourself if positive news would get the same attention as negative news.

If something seems hugely negative, positive, urgent or dramatic - it might be an exaggeration.

If you see a gap - remember that there is a majority in the middle.

If you think that other people are strange - understand that stereotypes are drastic simplifications.

If you see something as destiny - notice that what might seem static actually slowly changes.

If you are starting to see a pattern - don't jump to conclusions.

If you see a single solution to a complex problem - it's probably not it.

If you feel the urge to blame - look at the circumstances.

If you suddenly feel that we should act now, in most cases - it's better to think things through first.