

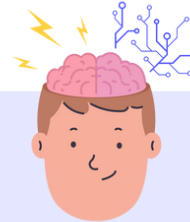
# Summary of Lesson 1: The Divided Mind

## Key Takeaway:

Next time you feel a strong reaction—whether it's agreement or outrage—pause and ask: *“Why would a smart, reasonable person see this differently?”*

### Insight 1: The Elephant and the Rider

Automatic      Controlled



Our brains are divided into two parts.  
You can think of the two parts as a rider and an elephant.

**Automatic Thinking** = Fast, unconscious, emotional, and intuitive (the **elephant**)

**Controlled Thinking** = Slow, conscious, and logical (the **rider**)



### Insight 2: Intuitions First, Reasoning Second

Our reasoning often comes *after* our intuitions. This creates consistent errors in our reasoning that can shape how we interpret facts and can lead to disagreements in conversations. These errors are called **cognitive biases**.

### Insight 3: Confirmation Bias

**Confirmation Bias** = the tendency to accept information that aligns with beliefs we already hold and reject information that contradicts them – even if that information is totally valid

