

How to run a Belief Stress-Test

What it is

Actively look for evidence that goes against what you already believe, not just evidence that agrees with you.

When to use it

Before you make a big decision based on something you're already pretty sure is true.

Steps

1. **Name the belief.** What are you convinced is true?
2. **Evidence for and against.** List what supports it, then actually go look for what contradicts it.

Common mistake

Only searching for evidence that agrees with you, then calling that 'research.'

Pairs with

Inversion and First Principles Thinking.

Example: a coworker seems out to get me

Date: Fri, Sep 12

The belief

My coworker is deliberately undermining me at work

For versus against

Evidence for <i>She disagreed with my idea out loud in the team meeting.</i>	Evidence against, the hard part <i>She's pushed back on other people's ideas too, and she actually helped me hit a deadline last month.</i>
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Should I update my belief? Maybe she's just direct, not targeting me

Belief Stress-Test

Date: _____

The belief

For versus against

Evidence for	Evidence against, the hard part

Should I update my belief? _____