

Critical Thinking Step-by-Step Guide

Step	Prompt	Why It Matters
1	Check your Ego	If you can't admit you might be wrong, your New Brain won't engage in metacognition.
2	Acknowledge Your Two Gears	Helps you stay alert to emotional snap judgments and rationalizations.
3	Engage Metacognition	Interrupts autopilot thinking and helps evaluate your own reasoning process.
4	Clarify the Claim	Ensures you understand exactly what's being asserted before assessing it.
5	Assess the Source	Weak sources demand stronger evidence; credibility matters.
6	Examine the Evidence	Strong claims need solid, recent, relevant evidence—not just anecdotes.
7	Identify Biases and Fallacies	Recognizing cognitive traps prevents belief-driven conclusions.
8	Apply Occam's Razor	Simpler explanations with fewer assumptions are more likely to be true.
9	Consider Alternatives	Forces open-mindedness and breaks fixation on a single narrative.
10	Embrace Skepticism (But Stay Open)	Avoids gullibility and cynicism—invites learning through credible data.
11	Decide and Reflect	Reflection improves future reasoning and reinforces better thinking habits.