

THE JORDAN HARBINGER SHOW

Worksheet for Jonathan Haidt | The Danger of Good Intentions and Safe Spaces (Episode 90)

As Friedrich Nietzsche once said, that which does not kill us makes us stronger. But what happens when we keep ourselves so far out of harm's way that we never build resilience against the world's dangers? What if we never develop the ability to think critically because we're too busy sheltering ourselves and others from ideas that challenge how we view the world?

[*The Coddling of the American Mind: How Good Intentions and Bad Ideas Are Setting Up a Generation for Failure*](#) co-author Jonathan Haidt joins us for [episode 90](#) to sound the alarm against blind acceptance of safety measures that hold uncomfortable reality at bay and make us incapable of coping with the world as it is rather than what we wish it to be. Listen, learn, and enjoy!

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No More Safe Spaces

Professor Haidt makes a strong case for why freedom of expression is vital for the health of universities and society at large. The current culture has stifled speech (regardless of quality) and consequences have been brought upon many people in the process.

These days, most of us are just a tweet away from being fired (or losing podcast advertisers).

Imagine living your life without the fear of being policed for violating a safe space, or committing a microaggression. Imagine zero consequences from expressing yourself at any time, anywhere.

Would you live differently? Would you self-censor anyway? Do you think it would be better or worse for you? How about the world around you?

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Call Out Culture

There's a new economy of prestige and there's a rocket fuel being poured on it that's called social media. In this world, unofficial points are officially tallied for calling someone out for committing racism, sexism, homophobia, etc. And guess what? Truth is not a required basis for these proclamations.

Welcome to Call Out Culture.

Are you looking to rack up points in Call Out Culture? Or have you observed it in your life? Do you or those around you constantly take things in the worst possible way? Where do you think this comes from? Does it help?

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Cognitive Distortions

We discussed some of the cognitive distortions found in Jonathan's new book that get in the way of critical thinking and, ultimately, happiness. Here are some examples:

- **Mind reading:** You assume that you know what people think without having sufficient evidence of their thoughts. "He thinks I'm a loser."
- **Fortune-telling:** You predict the future negatively: things will get worse, or there is danger ahead. "I'll fail that exam," or "I won't get the job."
- **Catastrophizing:** You believe that what has happened or will happen will be so awful and unbearable that you won't be able to stand it. "It would be terrible if I failed."

Some other ones are: labeling, discounting positives, negative filtering, overgeneralizing, dichotomous thinking, blaming, emotional reasoning, inability to disconfirm, and *what if?*

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It's not easy to recognize our own cognitive distortions because they often feel normal to us. However, there might be something from this list that jumps out to you as a feature of your thinking.

Do any of these sound like you? How might you combat such unhelpful thinking?



Full show notes and resources for this episode [can be found here](#).

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About



Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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