



Thinking Fast and Slow

THE NEW YORK TIMES BESTSELLER

THINKING,
FAST AND SLOW



DANIEL
KAHNEMAN

WINNER OF THE NOBEL PRIZE IN ECONOMICS

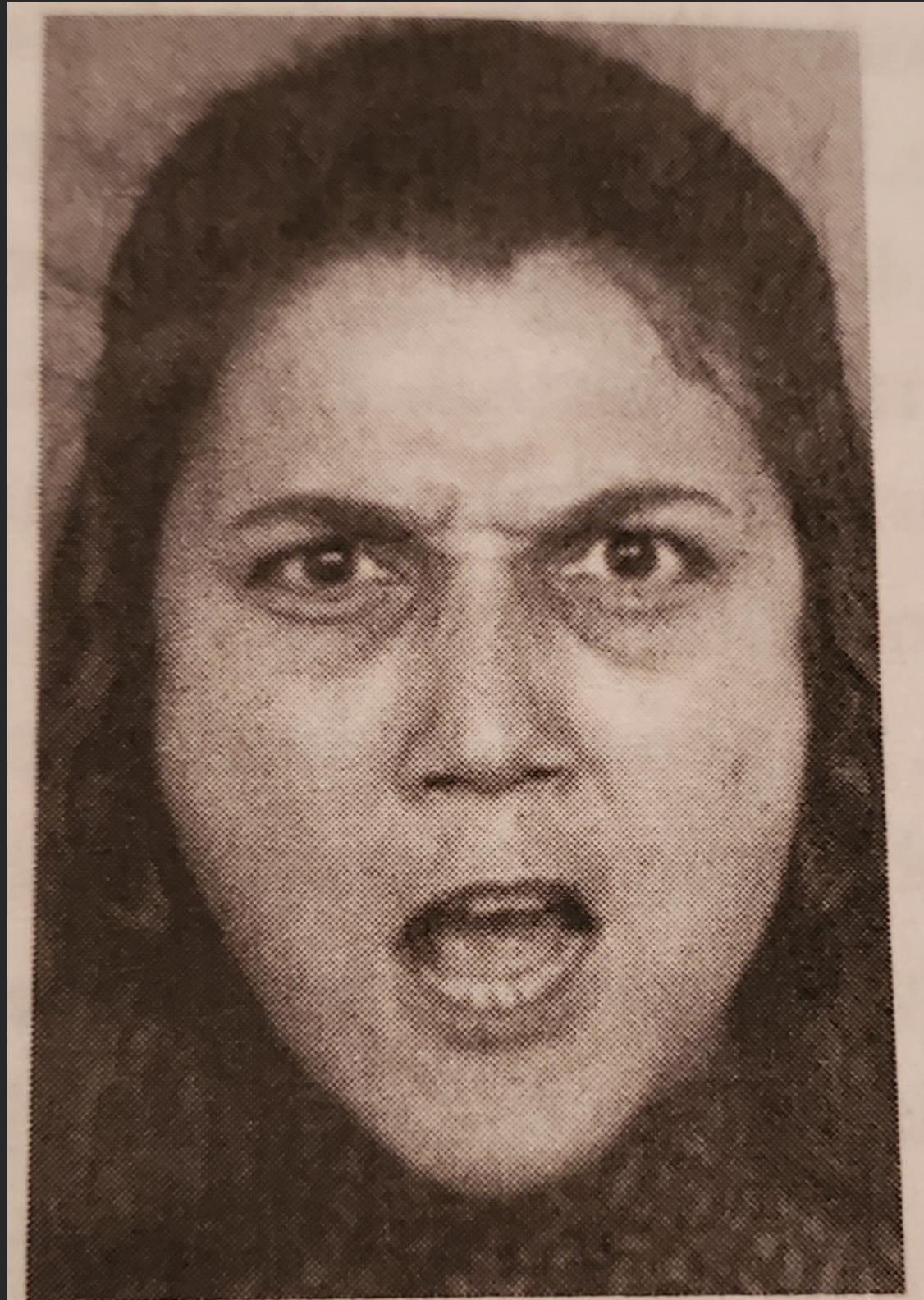
"[A] masterpiece . . . This is one of the greatest and most engaging collections of insights into the human mind I have read." —WILLIAM EASTERLY, *Financial Times*



Two Systems: Two Modes of Thinking

System One: Operates automatically and quickly, with little or no effort and no sense of voluntary control.





System One

- **What did you feel as soon as you saw this picture?**
- **What thoughts came to mind?**
- **What story did you tell yourself about the person in this picture?**
- **What did you imagine she would do next?**



System One

Examples of System One Activities:

- Detect that one object is more distant than another
- Orient to the source of a sudden sound
- Complete the phrase “bread and...”
- Detect hostility in a voice
- Answer $2+2=$
- Drive a car on an empty road
- Recognize words and simple sentences



Two Systems: Two Modes of Thinking

System Two: Allocates attention to effortful mental activities that demand it, including complex computations. The operations of System Two are often associated with the subjective experience of agency, choice, and concentration.

- **When we think of ourselves, we identify with System Two.**





Pop Quiz:

What is 17×24 ?

System Two

- **What did you feel when you started to work on this problem?**
- **How did it feel different from looking at the picture?**



System Two

System Two operations have this in common they require attention and are disrupted when attention is drawn away. Here are some examples:

- Brace for the starter gun in a race
- Focus on a person's voice in a noisy room
- Look for a woman with white hair
- Maintain a faster walking speed than is natural for you
- Search memory to identify a surprising sound



System Two

System Two has some ability to change the way System One works by programming the normally automatic functions of attention and memory.

- **Example:** When waiting for a relative at the airport you can set yourself at will to look for a white-haired woman or a bearded man, and thereby increase the likelihood of detecting your relative from a distance.



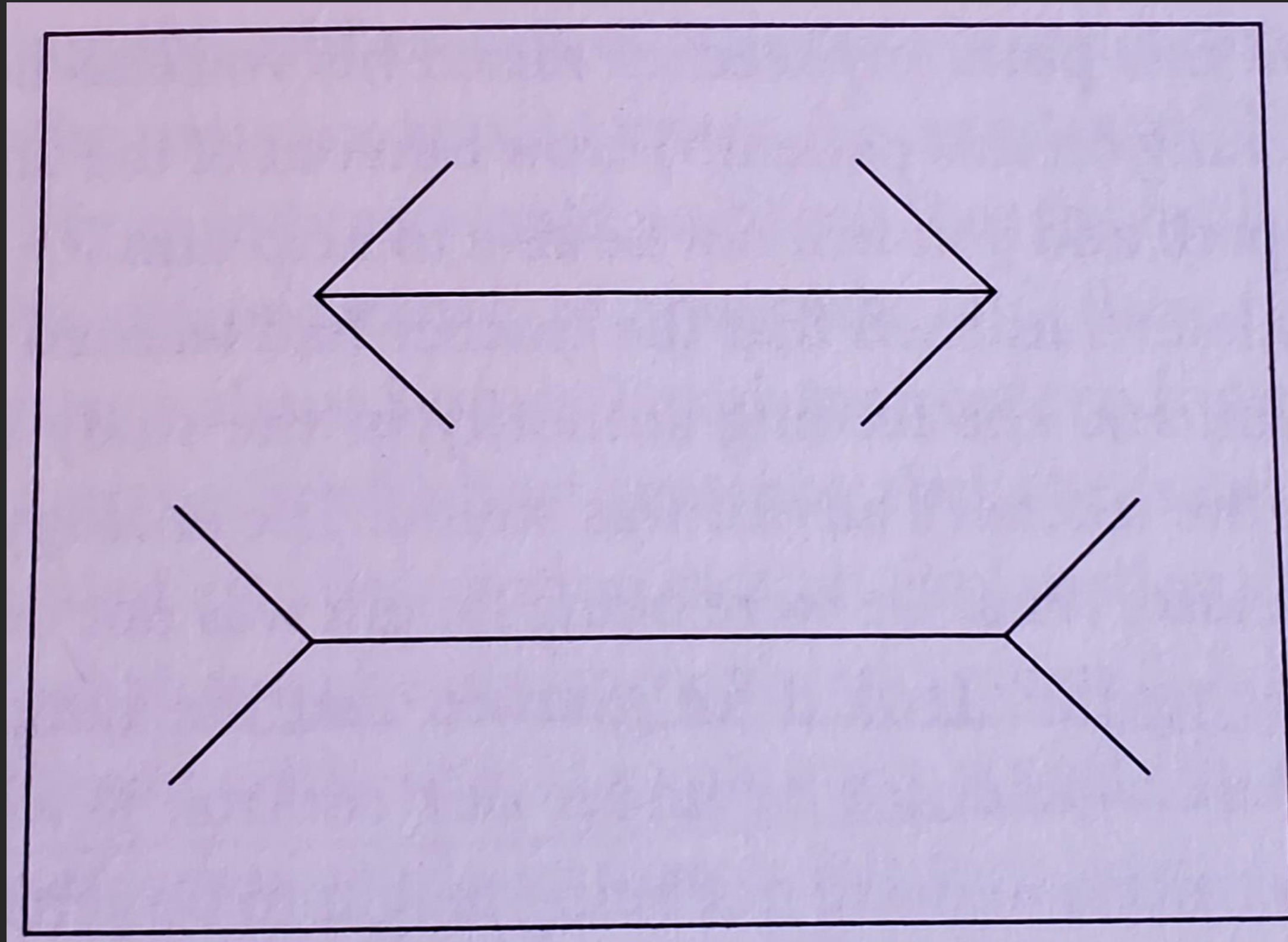
Feeling System One and System Two

Your first task is to go down both columns, calling out whether each word is printed in lowercase or in uppercase. When you are done with the first task, go down both columns again, saying whether each word is printed to the left or to the right of center by saying (or whispering to yourself) "LEFT" or "RIGHT."

LEFT		upper	
	left	lower	
right			LOWER
RIGHT		upper	
	RIGHT	UPPER	
	left		lower
LEFT			LOWER
	right		upper



Feeling System One and System Two



Feeling System One and System Two

A bat and a ball cost \$1.10.

The bat costs one dollar more than the ball.

How much does the ball cost?



Feeling System One and System Two

All roses are flowers.

Some flowers fade quickly.

Therefore some roses fade quickly.



What Does this Teach Us

- **We can be blind to the obvious, and blind to our blindness.**
- **What we give our attention to shapes our experience and worldview.**
- **Confirmation bias.**



What the Bible Says

Proverbs 18:17: The one who states his case first seems right, until the other comes and examines him.

Proverbs 16:25: There is a way that seems right to a man, but its end is the way to death.

Proverbs 18:13: If one gives an answer before he hears, it is his folly and shame.

John 7:24: Do not judge by appearances, but judge with right judgment.

Romans 12:2: Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.



What the Bible Says

2 Cor. 10:5: We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ...

Hebrews 12:1-2: Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, ² looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

2 Cor. 3:18: And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.



An email I received:

I listened to your YouTube piece on 'How do I overcome anxiety and depression?' (June 10, 2020) My friend has been struggling with anxiety and depression and she came across your video and sent it to me....I listened to it twice...

I was disturbed by your statement beginning at minute 16:15. "Even as you feel there is no end, God said there will come an end...the guarantee is not this side of Heaven". You just made a great argument for suicide. No wonder most theologians don't agree with you as you stated at the beginning....my prayer is that no one who is entertaining suicidal thoughts finds this video.





My Response

My response:

Thanks for reaching out and I am sorry to hear you found what I said in the TGC podcast disturbing. I can tell this is important to you and imagine you likely have some personal experience with these weighty topics. I am praying for you and your friend and hopeful that God feels near as you wrestle with this.

Below is some clarity if you are open to hearing about why I said what I said in the podcast. I think it is important to know I hold the perspective that the Bible is God's word and my job is to share His wisdom as revealed in Scripture as opposed to just giving my opinions. If you hold a different perspective on the Bible, then I am not sure the following will be very helpful in the conversation. Lastly, I think it might be helpful to know I am sadly well acquainted with suicide and suicidal ideation. I lost my father to suicide and my family has a history of completed suicides going back to 5 generations. This is a topic that is near to my heart and I often work with clients who are wrestling with suicide.



My response:

As to the quote you mentioned in the email, I said it as I did because that is what I see in Scripture. At no point in the Bible can I locate a place where God promises that our suffering (including anxiety and depression) will go away in this life. If you know of a passage of Scripture that does promise this, can you please send it my way?

What I see in Scripture consistently is the promise that we will face suffering, our suffering will not be wasted, that it is in God's hands and in His hands our suffering produces good fruit, that He will provide what we need to endure, and that it will come to an end when all things are made new. Here are a few Scriptures to show what I mean here:

John 16:33: I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.



My response:

Luke 9:23-24: And he said to all, “If anyone would come after me, let him deny himself and take up his cross daily and follow me. ²⁴ For whoever would save his life will lose it, but whoever loses his life for my sake will save it.”

1 Timothy 3:12: Indeed, all who desire to live a godly life in Christ Jesus will be persecuted

Romans 5:3-5: Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, ⁴ and endurance produces character, and character produces hope, ⁵ and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

James 1:2-4: Count it all joy, my brothers, when you meet trials of various kinds, ³ for you know that the testing of your faith produces steadfastness. ⁴ And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.



My response:

Romans 8:28: And we know that for those who love God all things work together for good, for those who are called according to his purpose.

1 Cor. 10:13: No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

2 Cor. 1:3-4: Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴ who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

Revelation 21:3-5: And I heard a loud voice from the throne saying, “Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. ⁴ He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.” ⁵ And he who was seated on the throne said, “Behold, I am making all things new.” Also, he said, “Write this down, for these words are trustworthy and true.”



My response:

Because of this, I will not make a promise to clients that God has not made. I will not tell them that their suffering will go away. Instead, I will give them the promises God does offer: He will never leave or forsake them, their suffering has purpose, He will provide what is needed to endure, along with all the other promises in Scripture.

As to your point that I just made an argument for suicide I understand your logic but I see it differently. There are two thoughts that generally provide footing for suicidal ideation to take root (there are more, but these are the most common in my experience):

1. My life is my own (1 Cor. 6:19-20 makes clear this is not true for Christians)
2. I am entitled to live a life free of suffering (the above passages I quoted also make clear this is not true for followers of Christ)

This is what Satan tempted Jesus to in Matthew 4 when he asked Jesus to throw himself down from the temple to prove who He was. He was tempting Jesus to prove who He was on His own terms instead of following His Father's will. He was inviting Him to act as though His life was His own and to choose the less painful path than the cross (which Satan tempted Him to again when He offered all the kingdoms of the world if Jesus would just bow to Him).



My response:

Jesus shows by His response that it is better to follow the Father's will and that pain and suffering are a part of the path. He models this again in the Garden of Gethsemane when He asks the Father for a different path, and when the Father does not provide one He chooses to stand and walk towards His suffering and death.

Scripture does not save us from suffering in this life, but rather gives it purpose and meaning. Suffering according to Scripture is not something to fear or avoid. Rather, suffering is a natural part of living in a broken world, and if we will receive it by faith it will produce good fruit in our lives (see again James 1 and Romans 5). A life trying to avoid suffering will be riddled with depression and anxiety and will tend towards suicidal thoughts because suffering is unavoidable in this life. No one who lives escapes the suffering present in this world which means we all need to be prepared for it. Praise God Scripture offers us that preparation.

I also think it worth pointing to the Apostle Paul's response in 2 Cor. 12:1-10 to his own suffering. After asking God 3 times to take away his suffering God says no and Paul's response to His suffering changes. Instead of trying to escape it, he receives it as a means of God being glorified in his life and a means to keeping him humbly dependent and connected to God. This is the type of reframe of suffering Christians need.



My response:

It is in God's hands, it has a purpose, it is not wasted, and our lives are His to direct according to His loving purpose. As Paul concludes after sharing about his suffering in 2 Cor. 12:10: "For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong." It was not the absence of suffering that enabled Paul to endure, but rather seeing his suffering through God's eyes.

Lastly, you referenced when I said in the podcast that many theologians would disagree with me. When I said that in the podcast I was referring to those who would identify the feelings of depression and anxiety as sinful in people's lives. I was not referring to what the Scripture has to say about suffering in this life or that it is not promised our suffering will go away this side of heaven. Many theologians debate about whether or not emotions are moral (I tend to think they are not), but not many debate about whether Scripture promises that our suffering will be removed this side of heaven. Scripture is clear that suffering can be removed, but it is not promised in all cases (again, see the Apostle Paul in 2 Cor. 12).



My response:

If you have made it this far in the email I want to simply thank you for your endurance and willingness to hear me out on this. I am praying this is helpful and if anything I have said feels unhelpful or unkind please let me know. Also, if any of it feels confusing or you have questions I would be glad to try and provide more clarity. Thanks again for being willing to reach out.





Thoughts?



And then...



Someone left a 1 star review on Google for the Austin Stone Counseling Center.



Thoughts?



My Response

My response:

Hello (Human). I saw that you left a 1 star review for the Austin Stone Counseling Center and am sad you felt like that was a good next step. I have asked Google to remove it since you are not a customer of ours, do not have experience with our counselors, and therefore are misrepresenting your experience with us. If you would like to discuss this further I am here and willing to talk with you about it.





Thoughts?



Her Response

Her response:

Thanks Andrew for you response. And a huge thank you for deleting my google review...I did that in haste and realized what a bad idea that was and tried to delete...I couldn't. I appreciate you wiping away my knee jerk reaction.

I did read your thoughtful reply through. While I appreciate your passion and your faith, I have to respectfully disagree. I won't go into a bullet point list of why I don't agree with you...it won't benefit either of us. But I will tell you I live my life in hope, faith and love...I'm in constant gratitude for the gifts God has given me and I work hard to honor Him with them.

I am so sorry to hear about your father...I am honored you shared that with me.

Thank you again for responding...God's peace to you and your family.




My response:

I am honored you read through the whole email and thankful for your kind response. If things change and you think it would be helpful to discuss more, please know I am glad to do so and open to hearing whatever you have to say. Thankful for you and your willingness to reach out and engage on such a challenging topic, and praying God's blessings over you and your family as well!



MADE TO MINISTER CONFERENCE

Schedule

FRIDAY 23	6 pm	Registration & Check-In
	7 pm	Plenary Session 1
SATURDAY 24	8 am	Doors Open/ Registration & Check-In
	9 am	Plenary Session 2
	10 ³⁰ am	Break
	10 ⁴⁵ am	Workshop Session 1
	11 ⁴⁵ am	Break (lunch on your own)
	1 ³⁰ pm	Workshop Session 2
	2 ³⁰ pm	Break
	2 ⁴⁵ pm	Workshop Session 3
	3 ⁴⁵ pm	Break
	4 pm	Plenary Session 3

MADE TO MINISTER CONFERENCE

Workshop Locations

TRACK 1	CONFLICT RESOLUTION South Auditorium
TRACK 2	COUNSELING CARE IN THE CHURCH Module C4 (outside)
TRACK 3	GENDER & IDENTITY Room B5 (upstairs)
TRACK 4	UNDERSTANDING EMOTIONS North Auditorium