

Win Every Argument

by Mehdi Hasan

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Practice 'steel man' before 'straw man'**

Foggin: before attacking an argument, formulate it in its strongest form. Most attacks target the weakest version.

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⁰² **Argue from curiosity, not position**

Foggin: in your next disagreement, ask questions before making statements. Track how much more you learn.

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⁰³ **Use the 'belief revision' framework**

Foggin: for any strong belief, ask: what would change my mind? Write the answer. Share it. This is intellectual integrity.

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⁰⁴ **Distinguish facts from interpretations**

Foggin: in every argument, separate what actually happened (facts) from what it means (interpretation). Most arguments are about interpretations.

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⁰⁵ **Admit when you've changed your mind**

Foggin: in front of the person you've been arguing with, say: 'actually, you're right about X.' This practice builds intellectual humility.

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⁰⁶ **End every argument with a question**

Foggin: instead of concluding with a statement, end with a question that extends the inquiry. The conversation continues.