

7-Day Echo Chamber Escape Kit

(Free PDF-ready – just copy/paste or print)

Welcome & Quick-Start Rules

You're doing this for only 7 days. After that, the algorithm + your brain will have rewired enough that it becomes the new normal.

Goal → Go from 70–90 % ideological sameness → at least 30/30/30 diversity without losing your mind or your friends.

Day-by-Day Plan

Day 1 – Audit Day

1. Open Instagram / TikTok / X / YouTube following list.
2. Scroll through the last 100–200 accounts.
3. Tag each one in your mind (or use phone notes):
 - Red = “Mostly agree with me”
 - Blue = “Mostly disagree but reasonable”
 - Green = “Mixed / moderate / bridge-builder”
 - Gray = “Pure rage-bait / meme / entertainment only”
4. Calculate rough %. If Red OR Blue is over 70 %, you’re officially in a bubble.
Screenshot it – this is your “before” picture.

Day 2 – The Great Unfollow + First 15 Adds

1. Unfollow or mute every Gray (rage-bait) account and every Red/Blue account that is just performative screaming.
 2. Add the first 15 accounts from the list below (5 left-leaning, 5 right-leaning, 5 true center/bridge).
- Do it all in one sitting so the algorithm notices the earthquake.

Day 3–6 – The 7-Day Algorithm Hack

Every single day you MUST:

- Watch at least THREE full videos (or 20-min+ podcast episodes) from Blue accounts (the side you normally skip).
- Like + leave one respectful question/comment on each (e.g., “Genuinely curious – how do you square X with Y?”).
- Do NOT argue or ratio. Just engage positively.
The algorithm will panic and flood you with more diversity within 48–72 h – guaranteed.

Day 7 – Final Audit + Lock It In

1. Repeat Day 1 audit. You should now be near 30/30/30.
2. Add the remaining 35 accounts from the list (total = 50 new voices).
3. Set one recurring calendar reminder: “1st of every month – check ratio again.”
4. Message one real-life friend who votes differently: “Coffee this month? Rule: we can totally disagree and still be friends.”

Ongoing Habits (post-week)

- Steel-man practice: before criticising any take, write the strongest version of it first.
- 80 % of short-form, 20 % long-form → flip to 20/80.
- Keep at least one “bridge” friend relationship alive.

The 50 Bridge-Building YouTube Accounts

(Hand-picked 2025 – all still active, long-form focused, civil, and actually say interesting things)

Thoughtful Left / Progressive (but not performative outrage)

1. ContraPoints
2. Destiny (the debates, not the hot takes)
3. Vaush (when he's doing long-form policy)
4. HasanAbi (long streams only – skip the react clips)
5. Tovarishh (economics explainers)
6. Philosophy Tube
7. Second Thought
8. The Serfs
9. Some More News (Cody Johnston)
10. Adam Conover

Thoughtful Right / Conservative (intellectual, not pure culture-war)

11. Ben Shapiro (Sunday Special long interviews only)
12. Jordan Peterson (lectures & long-form talks)
13. Coleman Hughes
14. Glenn Loury
15. John McWhorter
16. Lex Fridman (when interviewing conservatives)
17. Triggernometry (Konstantin Kisin & Francis Foster)
18. Andrew Klavan (long-form conversations)
19. Michael Knowles (when he's calm)
20. The Dispatch (YouTube channel)

True Center / Bridge-Builders / Heterodox

21. Breaking Points (Krystal & Saagar)
22. The Dispatch Podcast
23. Honestly with Bari Weiss
24. The Fifth Column
25. Very Bad Wizards (philosophy + psychology)
26. Decoding the Gurus
27. Blocked and Reported
28. The Bulwark
29. Coleman Hughes – Conversations
30. Glenn Loury's channel
31. Heterodox Academy
32. Fair Perspectives
33. Rebel Wisdom (archived but gold)
34. The Stoa
35. Modern Wisdom (Chris Williamson – all long-form)

Data / Fact-Check / Nuance Kings

36. AllSides Media
37. Ground News (YouTube explainer videos)
38. Sabine Hossenfelder (science, no politics but destroys groupthink)
39. Veritasium (science + epistemology)
40. 3Blue1Brown (math – trains rigorous thinking)

Depolarizing / Dialogue Channels

41. Jubilee (Middle Ground & Spectrum series)
42. UnHerd
43. Institute for Humane Studies (IHS)
44. Braver Angels
45. David Pakman (long interviews, not react content)
46. Russell Brand (post-2022 long-form only)
47. Coleman Hughes again (worth double)
48. John Wood Jr.
49. More in Common
50. The Flip Side

Bonus Printable One-Pager Checklist (put on your wall)

- Day 1 audit done – screenshot saved
- Muted/unfollowed all Gray (rage) accounts
- Added first 15 diverse accounts
- Days 3–6: 3 full long-form watches + positive engagement daily
- Day 7 audit – hit ~30/30/30
- Messaged one bridge friend for coffee/voice note
- Set monthly recurring calendar reminder

You've got this.

Seven days from now your feed – and your brain – will feel completely different.

Drop a 🔥 in the comments of the video when you finish Day 7 and tell us what changed.

See you on the other side.

↳ Explain steelmanning technique

↳ Echo chamber psychology studies

↳ Make more concise