

AI-01660 Naive Realism

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What is the concept of naive realism? What are the pillars of naive realism? List 22 examples of each in the realm of living well, health, relationships, finance and investing

Naive realism is the belief that we see the world precisely as it is — objectively and without bias — and that others who see it differently are uninformed, irrational, or biased.

Core Concept of Naive Realism:

- "I see things as they really are."
- "If others disagree with me, they must be misinformed or biased."
- It assumes our perceptions are accurate and rational, and it ignores our cognitive biases, emotions, and experiences that shape our views.

Pillars of Naive Realism:

1. Belief in Objective Perception: "What I see is reality."
2. False Consensus Effect: "Most reasonable people see things as I do."
3. Bias Blind Spot: "I'm not biased — others are."
4. Moral Superiority: "My view is not only accurate but morally superior."
5. Rejection of Contradiction: "Disagreement signals ignorance or bad intent."

Now let's apply these pillars with 22 examples per domain:

1. Living Well

1. "My lifestyle is the best balance — others are wasting life."
2. "Minimalism is obviously superior to consumerism."

3. "Traveling is necessary for growth — those who don't are narrow-minded."
4. "Waking up early is the key to success; night owls are lazy."
5. "You need goals to live well; otherwise you're lost."
6. "Eating out is a waste — cooking at home is obviously smarter."
7. "People who watch reality TV are shallow."
8. "Spirituality is essential; atheists are missing something."
9. "People who don't journal aren't self-aware."
10. "If you're not improving yourself, you're stagnating."
11. "Work-life balance is easy if you care."
12. "Those who live in cities are stressed — rural life is healthier."
13. "Digital detox is essential; those addicted to screens are blind."
14. "Gardening is grounding — people who don't are disconnected."
15. "Being productive equals being happy."
16. "Reading books is superior to watching videos."
17. "A clean home means a clear mind — messy people are undisciplined."
18. "People who don't meditate are not in control of their mind."
19. "If you're not grateful, you're unwise."
20. "People obsessed with luxury are insecure."
21. "Volunteering is essential; people who don't are selfish."
22. "Those who live paycheck to paycheck don't know how to live."

2. Health

1. "Keto is obviously the best diet — the science proves it."
2. "Running is superior to walking for health."
3. "If you're overweight, you just lack willpower."
4. "Doctors who don't recommend supplements are outdated."
5. "You only get sick because you don't eat clean."

6. "People who don't exercise are lazy."
7. "Western medicine is flawed — natural healing is best."
8. "You can't trust pharmaceutical companies at all."
9. "Those who take vaccines without question are sheep."
10. "Meditation cures most mental health problems."
11. "People with chronic illness must be doing something wrong."
12. "All mental health issues stem from childhood."
13. "Yoga is the best form of exercise — it heals everything."
14. "Doctors who don't do lifestyle medicine are behind the times."
15. "Vegetarians are automatically healthier."
16. "Intermittent fasting is the only eating pattern that works."
17. "If you sleep eight hours, you're doing life right — less is irresponsible."
18. "Chiropractors are either miracle workers or quacks — no in-between."
19. "You can prevent most diseases if you care enough."
20. "Antidepressants are just a crutch."
21. "If you're still eating gluten, you're not informed."
22. "People who use essential oils are deluded."

3. Relationships

1. "Good relationships mean constant communication."
2. "If you don't reply fast, you don't care."
3. "My parenting style is the best — others damage their kids."
4. "If you truly love someone, you shouldn't argue."
5. "Divorce means failure."
6. "Men should lead — that's just natural."
7. "All good marriages look like mine."
8. "If someone loves you, they'll change for you."

9. "Emotional people are better at relationships."
10. "People who stay single are selfish."
11. "You can't trust someone who cheats — ever."
12. "Therapy is only for broken relationships."
13. "Opposites don't attract — that's just a myth."
14. "People who marry young are immature."
15. "Online dating is for desperate people."
16. "Couples must share all hobbies to be compatible."
17. "If they don't like your family, it's a red flag."
18. "Boundaries are just excuses for not loving enough."
19. "If you forgive easily, you're weak."
20. "Friends who disagree politically aren't real friends."
21. "Empathy is more important than logic in relationships."
22. "If they really cared, they'd know what you need."

4. Finance

1. "Renting is throwing money away — buying is smarter."
2. "If you're still in debt, you just don't budget well."
3. "You must save at least 20% of your income."
4. "Everyone needs to retire early — it's the only goal."
5. "People who use credit cards are irresponsible."
6. "Being frugal is always better than spending."
7. "If you don't understand money, you're doomed."
8. "Student debt is always a bad decision."
9. "Talking about money is taboo — it's classless."
10. "You can't be rich unless you hustle."
11. "Luxury spending is just showing off."

12. "Buying a new car is financially dumb."
13. "Cash is king — credit is dangerous."
14. "You must own multiple income streams to be secure."
15. "Poor people just don't try hard enough."
16. "You shouldn't help family financially — they'll just abuse it."
17. "Being rich means you're successful."
18. "People with low income shouldn't travel."
19. "All rich people are greedy."
20. "Charity begins only after you're wealthy."
21. "If you're not checking your net worth monthly, you're not serious."
22. "You need a high-paying job to be secure."

5. Investing

1. "Index funds are the only smart way to invest."
2. "Crypto is a scam — stay away."
3. "If you're not investing in real estate, you're missing out."
4. "You need to beat the market or you're failing."
5. "Gold is the only safe haven."
6. "Tech stocks are overhyped — it's all a bubble."
7. "If you invest in ESG funds, you're naive."
8. "Trading is for fools — real investors go long-term."
9. "Diversification is for people who don't know what they're doing."
10. "You must understand all your investments deeply."
11. "Investing in individual stocks is gambling."
12. "REITs are just lazy investing."
13. "People who invest emotionally always lose."
14. "If Warren Buffett wouldn't do it, you shouldn't either."

15. "Timing the market is impossible — don't even try."
16. "You should never invest based on trends."
17. "Mutual funds are outdated."
18. "Passive income is the only goal."
19. "If you're not investing, you're irresponsible."
20. "Financial advisors are a waste of money."
21. "All you need is dollar-cost averaging."
22. "If you lose money, you didn't do enough research."

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