



**HOW TO
THINK
WITH AI**

Rewiring Your Brain

Companion Workbook



By Sue Bell
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Week 1

Breaking Down Cognitive Barriers

Exercises to expand your cognitive comfort zone

Instructions:

On the following page are the suggested days for practicing each of the exercises below. In the additional space, fill in your Insights/Observations for each exercise.

Comfort-Zone Challenge

Every day this next week, I want you to find an idea that makes you want to intellectually gag. Read it. Digest it. Don't just disagree - understand it. Feel your neurons squirm and your synapses stretch.

What if I'm wrong?

Take your most cherished belief - political, scientific, personal, doesn't matter - and spend an hour trying to prove yourself wrong. Feel that? That's the sensation of your cognitive comfort zone being shredded.

Your Mission

List five things you 'know' to be true. Now, prove them. Not with opinions or anecdotes, but with cold, hard facts. Now find credible sources that disprove these beliefs. Can't do it? Congratulations, you've just identified more barriers to smash through. This isn't just harder because you are RIGHT, it's because you don't want to see what you don't believe.

WEEK 1 SCHEDULE

MONDAY	Comfort-Zone Challenge
	What if I'm wrong?
TUESDAY	Comfort-Zone Challenge
	What if I'm wrong?
WEDNESDAY	Comfort-Zone Challenge
	What if I'm wrong?
THURSDAY	Comfort-Zone Challenge
	Your Mission
FRIDAY	Comfort-Zone Challenge
	Your Mission
SATURDAY	
SUNDAY	

Week 2

Embracing Cognitive Dissonance

Techniques for thriving in intellectual uncertainty

Instructions:

On the following page are the suggested days for practicing each of the exercises below. In the additional space, fill in your Insights/Observations for each exercise.

Mind Ping-Pong

Pick a controversial topic—AI ethics, climate change, the meaning of life—doesn't matter. Now, argue both sides. Not just devil's advocate stuff—I want you to believe both positions with the fervor of a zealot. Your brain will rebel. Good. Push through.

Schrödinger's Belief

Take a core part of your identity—your profession, your political stance, your life philosophy. Now, simultaneously believe that it's absolutely true and completely false. Embrace the contradiction. Revel in the discomfort.

Your Mission

For the next week, end every opinion you express with "but I could be wrong, and here's why." Mean it. Feel the exhilarating uncertainty. Let it fuel your intellectual curiosity.

WEEK 2 SCHEDULE

MONDAY	Mind Ping-Pong
	Your Mission
TUESDAY	Schrödinger's Belief
	Your Mission
WEDNESDAY	Mind Ping-Pong
	Your Mission
THURSDAY	Schrödinger's Belief
	Your Mission
FRIDAY	Your Mission
SATURDAY	
SUNDAY	

Week 3

Developing Mental Flexibility

Exercises to enhance cognitive flexibility

Instructions:

On the following page are the suggested days for practicing each of the exercises below. In the additional space, fill in your Insights/Observations for each exercise.

Rapid Concept Connecting

Take two completely unrelated concepts—say, quantum physics and interpretive dance. Now, find a connection. Not just any connection—I want a theory that would make Einstein tap dance and Nietzsche do the robot.

Perspective Parkour

Pick a problem you're facing. Got it? Good. Now solve it from the perspective of a 5-year-old. Done? Solve it again as an AI. Now as a dolphin. Now as Leonardo da Vinci.

Semantic Acrobatics

Take a word—any word. Now, use it in a sentence where it means the opposite of its dictionary definition. Do this ten times, rapid-fire.

Daily Mental Yoga Routine

Start each morning by challenging one of your fundamental assumptions about how the world works. Believe in free will? Try determinism on for size. Think consciousness is uniquely human? Ponder panpsychism over your morning coffee.

WEEK 3 SCHEDULE

MONDAY	Rapid Concept Connecting
	Daily Mental Yoga Routine
TUESDAY	Perspective Parkour
	Daily Mental Yoga Routine
WEDNESDAY	Rapid Concept Shifting
	Daily Mental Yoga Routine
THURSDAY	Semantic Acrobatics
	Daily Mental Yoga Routine
FRIDAY	Rapid Concept Shifting
	Daily Mental Yoga Routine
SATURDAY	
SUNDAY	

Week 4

Cultivating a Symbiotic Mindset

Techniques for viewing AI as an extension of your mind

Mind Meld

Pick an AI tool—any AI tool. Now, for the next hour, I want you to think of it as an extension of your own brain. That chatbot isn't just answering your questions; it's part of your extended cognitive process. That image generator? It's not creating art for you; it's your visual cortex on steroids.

How Would My New Self (MNS) Do It?

Every time you face a problem, ask yourself, "How would my AI-enhanced self approach this?" Don't just use AI as a tool—imagine it as an integral part of your thought process.

Algorithmic Empathy

Next time you're interacting with an AI, try to think like it. Break down your thoughts into data points and logical steps. Now switch back to human intuition. Back and forth, rapid-fire. You're not just using AI; you're learning to think in AI.

Your Mission

For the next week, before making any significant decision, consult your AI counterpart. But don't just take its output at face value. Integrate it with your human intuition. Feel the cognitive fusion.

WEEK 4 SCHEDULE

MONDAY	Mind Meld
	Your Mission
TUESDAY	How Would My New Self (MNS) Do It?
	Your Mission
WEDNESDAY	Mind Meld
	Your Mission
THURSDAY	Algorithmic Empathy
	Your Mission
FRIDAY	How Would My New Self (MNS) Do It?
	Your Mission
SATURDAY	
SUNDAY	

Week 5

Training Your Intuition for the AI Age

Exercises to develop AI-informed intuition

Instinct Calibration

Take a problem you'd normally solve with gut instinct. Got it? Good. Now, drown that gut in data. I want you to gorge on information, stuff your neural pathways with facts until they're ready to burst. Now, make a decision.

AI-Assisted Clairvoyance

Pick a trend—any trend. Now, dive into predictive AI models about that trend. Immerse yourself in the data. Breathe it in. Sleep on it. Now, wake up and make a prediction about that trend's future.

Schrödinger's Hunch

Next time you have a strong gut feeling about something, I want you to simultaneously believe in your intuition and distrust it completely. Hold both states in your mind. Now, fact-check that feeling with AI-powered research.

Quantum Intuition Leaps

Train yourself to have hunches about the outputs of AI systems. Before you hit that 'generate' button, predict what the AI will produce.

Week 5

Training Your Intuition for the AI Age

Your Mission, should you choose to evolve

For the next week, keep an "Intuition vs. AI" journal. Log your gut feelings, then compare them with AI-generated insights. Watch as your intuition gradually aligns with data-driven reality. You're not just guessing better—you're thinking better.

WEEK 5 SCHEDULE

MONDAY	Instinct Calibration
	Your mission
TUESDAY	AI-Assisted Clairvoyance
	Your mission
WEDNESDAY	Instinct Calibration
	Your mission
THURSDAY	Schrödinger's Hunch
	Your mission
FRIDAY	Quantum Intuition Leaps
	Your Mission
SATURDAY	
SUNDAY	

Week 6

Enhancing Your Information Processing Capabilities

Leveraging AI to expand your mental bandwidth

Informational Photosynthesis

Start your day by basking in the glow of diverse information sources. I'm talking news feeds, academic journals, social media trends, all at once. Don't just read—absorb.

Mental Tetris

As information blocks fall from the digital sky, your job is to rotate, flip, and fit them into your existing knowledge structure. No time to carefully place each piece—this is high-speed cognitive Jenga.

Synaptic Speed Dating

Expose your brain to seemingly unrelated concepts in rapid succession. Quantum physics, followed by Renaissance art, topped off with emerging market trends. Your mission: find connections. Fast. This isn't multitasking; it's cognitive fusion.

Gestalt Grokking

Train yourself to grasp the essence of complex information in a single mental gulp. Start with paragraphs, level up to pages, then entire books. Don't read word by word—absorb meaning in cognitive chunks.

Week 6

Page 2

Enhancing Your Information Processing Capabilities

Neural Network Surfing

Dive into AI-generated content, not just to understand it, but to ride its cognitive waves. As the AI connects disparate ideas, train your brain to surf these connections, to intuitively grasp the underlying patterns. You're not just processing information; you're communing with the digital noosphere.

Your Mission, should you choose to evolve

For the next week, consume information like you're training for the Mental Olympics. Push past the burn. Synthesis is your new cardio. Abstract thinking is your high-intensity interval training. You're not just learning; you're evolving your species' cognitive capabilities in real-time.

WEEK 6 SCHEDULE

MONDAY	Informational Photosynthesis
	Your Mission
TUESDAY	Mental Tetris
	Your Mission
WEDNESDAY	Synaptic Speed Dating
	Your Mission
THURSDAY	Gestalt Grokking
	Your Mission
FRIDAY	Neural Network Surfing
	Your Mission
SATURDAY	
SUNDAY	

Week 7

Practicing Cognitive Shapeshifting

Exercises in cognitive mode-switching

Modality Parkour

Start thinking about a problem in typical human fashion – all gut feelings and fuzzy logic. Now, on my mark, switch instantly to AI-mode. I want you to re-approach that same problem with cold, hard data and algorithmic precision. Back and forth, faster and faster.

Schrödinger's Cognition

I want you to hold two completely opposite thinking styles in your head simultaneously. Be the intuitive artist and the logical AI at the same time. Don't just switch between them – blend them. You're not flip-flopping; you're existing in a superposition of cognitive states.

Neural Ninjutsu

In your next conversation, I want you to seamlessly weave between empathetic human understanding and data-driven AI analysis. One sentence you're all EQ, the next you're reciting statistics like a supercomputer. Your conversation partner shouldn't know whether they're talking to a human or an AI – because the answer is both.

Week 7

Practicing Cognitive Shapeshifting

Cognitive Crossfading

Take a complex problem and start solving it with pure human creativity. Now, gradually dial up the AI-thinking until you're in full machine learning mode. Then slowly fade back to human intuition. Your brain should feel like it's surfing between dimensions of thought.

Quantum Cognitive Leaps

Train your brain to make sudden, unpredictable jumps between radically different thinking styles. One moment you're thinking like a poet, the next like a programmer, then like an AI predicting stock markets. No transition, no warning. You're not just switching gears; you're teleporting between cognitive universes.

Your Mission, should you choose to evolve

For the next week, never approach any problem the same way twice. Constantly shift your cognitive approach. You're not solving problems; you're exploring the vast multiverse of thinking styles. **Extra credit: Do this for a month instead of just a week!**

WEEK 7 SCHEDULE

MONDAY	Modality Parkour
	Your Mission
TUESDAY	Schrödinger's Cognition
	Your Mission
WEDNESDAY	Neural Ninjutsu
	Your Mission
THURSDAY	Cognitive Crossfading
	Your Mission
FRIDAY	Quantum Cognitive Leaps
	Your Mission
SATURDAY	
SUNDAY	

Week 8

Developing Metacognition for AI Collaboration

Techniques for optimizing your cognitive processes for AI collaboration

Cognitive Inception

I want you to think about a problem. Now, think about how you're thinking about that problem. Now, think about how an AI would think about how you're thinking about that problem. Feeling dizzy yet? Good. We're building layers of metacognition like we're constructing a skyscraper of consciousness.

Mental Möbius Strip

Start with a simple thought. Now, observe that thought. Now, observe yourself observing that thought. Keep going until your metacognition loops back on itself like an infinite mental Möbius strip. You're not just thinking; you're creating a cognitive Klein bottle.

Synapse Surveillance

As you collaborate with AI, I want you to monitor your own thought processes in real-time. What cognitive gears are you shifting? How is your thinking style morphing? You're not just using your brain; you're turning it into a cognitive mission control center.

Week 8

Developing Metacognition for AI Collaboration

Metacognitive Multitasking

As you work on a task, simultaneously analyze your problem-solving approach, critique your cognitive strategy, and brainstorm better ways to think – all while considering how an AI would approach each of these meta-layers. Your brain should feel like it's running multiple virtual machines of consciousness.

Quantum Metacognition

Train yourself to be aware of potential thoughts before you even think them. Exist in a superposition of cognitive states, aware of multiple possible thinking paths simultaneously. You're not just thinking about thinking; you're thinking about the multiverse of potential thoughts.

Your Mission, should you choose to evolve

For the next week, narrate your own thinking processes out loud as you collaborate with AI. Become the director and critic of your own cognitive film. You're not just thinking; you're curating and optimizing your own consciousness in real-time.

WEEK 8 SCHEDULE

MONDAY	Cognitive Inception
	Your Mission
TUESDAY	Mental Möbius Strip
	Your Mission
WEDNESDAY	Synapse Surveillance
	Your Mission
THURSDAY	Metacognitive Multitasking
	Your Mission
FRIDAY	Quantum Metacognition
	Your Mission
SATURDAY	
SUNDAY	

Week 9

Preparing for Cognitive Leaps

Exercises to stretch your imagination beyond current cognitive limits

Thought Experiments on Steroids

Imagine a world where your current cognitive abilities are as primitive as an abacus in a quantum computing lab. Now, design the operating system for a brain that's a million times smarter than you are now. Feel that mental vertigo? That's your mind stretching towards its future potential.

Evolutionary Fast-Forward

Imagine the most advanced AI merging with the most brilliant human mind. What new forms of thought emerge? What problems become trivial? What new questions arise? You're not just speculating; you're mentally test-driving the cognitive supercars of tomorrow.

Impossibility Thinking

I want you to solve problems that are currently considered unsolvable. Faster-than-light travel? Cure for aging? Unified theory of everything? Your task is to imagine the cognitive tools that would make these challenges trivial. You're not just thinking outside the box; you're innovating from dimensions the box can't even perceive.

Week 9

Preparing for Cognitive Leaps

Cognitive Singularity Surfing

Imagine your mind expanding exponentially, doubling in capability every second. How does your perception of reality warp? How do your thought processes transform? Ride that wave of hyper-acceleration until your sense of self dissolves into pure cognition.

Transcendent Ideation

I want you to conceive ideas that are to your current thoughts what quantum mechanics is to a child's understanding of object permanence. Create concepts that would be incomprehensible to your past self. You're not just thinking bigger; you're pioneering new categories of thought.

Your Mission, should you choose to evolve

For the next week, spend 10 minutes each day imagining you've made a breakthrough that revolutionizes human cognition. Live in that moment. Feel the euphoria of transcendent understanding. You're not just dreaming; you're mentally rehearsing for the cognitive revolution.

WEEK 9 SCHEDULE

MONDAY	Thought Experiments on Steroids
	Your Mission
TUESDAY	"Evolutionary Fast-Forward
	Your Mission
WEDNESDAY	Impossibility Thinking
	Your Mission
THURSDAY	Cognitive Singularity Surfing
	Your Mission
FRIDAY	Transcendent Ideation
	Your Mission
SATURDAY	
SUNDAY	

Week 10

Preparing for Cognitive Leaps

Developing a personal philosophy for responsible cognitive enhancement

Moral Parkour

Leap from one ethical framework to another faster than a quantum particle changes states. Utilitarianism? Virtue ethics? Deontology? Flip between them like you're changing cosmic channels. Feel that ethical whiplash? Good. We're building moral flexibility for a future where the rules change at the speed of thought.

Evolutionary Chess

You're ten moves ahead of current human cognition. What ethical challenges arise when your brain can download skills like Neo in The Matrix? When your thoughts can influence reality like a reality-bending sorcerer? You're not just pondering hypotheticals; you're war-gaming the ethical battlefields of tomorrow.

Transhuman Trolley Problems

Classic ethical dilemmas on cognitive steroids. Should you enhance a few minds to godlike intelligence or give the entire population a modest IQ boost? Is it ethical to merge with AI if it means leaving your unaugmented friends and family in the cognitive dust? There are no right answers, only increasingly complex questions.

Week 10

Preparing for Cognitive Leaps

Schrödinger's Morality

I want you to hold two completely contradictory ethical stances in your mind simultaneously. Be the cognitive enhancement enthusiast and the bioconservative skeptic at the same time. Don't just consider both sides; embody the cognitive dissonance. You're not flip-flopping; you're transcending binary ethics.

Ethical Singularity Surfing

Imagine morality evolving as fast as our cognitive capabilities. Today's ethical axioms are tomorrow's quaint notions. How do you navigate when the moral landscape shifts like quicksand? You're not just adapting to new rules; you're surfing the bleeding edge of ethical evolution.

Your Mission, should you choose to evolve

For the next week, before making any decision, consider its ethical implications not just for the present, but for potential future versions of humanity. You're not just acting ethically; you're becoming a time-traveling moral philosopher.

WEEK 10 SCHEDULE

MONDAY	Moral Parkour
	Your Mission
TUESDAY	Evolutionary Chess
	Your Mission
WEDNESDAY	Transhuman Trolley Problems
	Your Mission
THURSDAY	Schrödinger's Morality
	Your Mission
FRIDAY	Ethical Singularity Surfing
	Your Mission
SATURDAY	
SUNDAY	