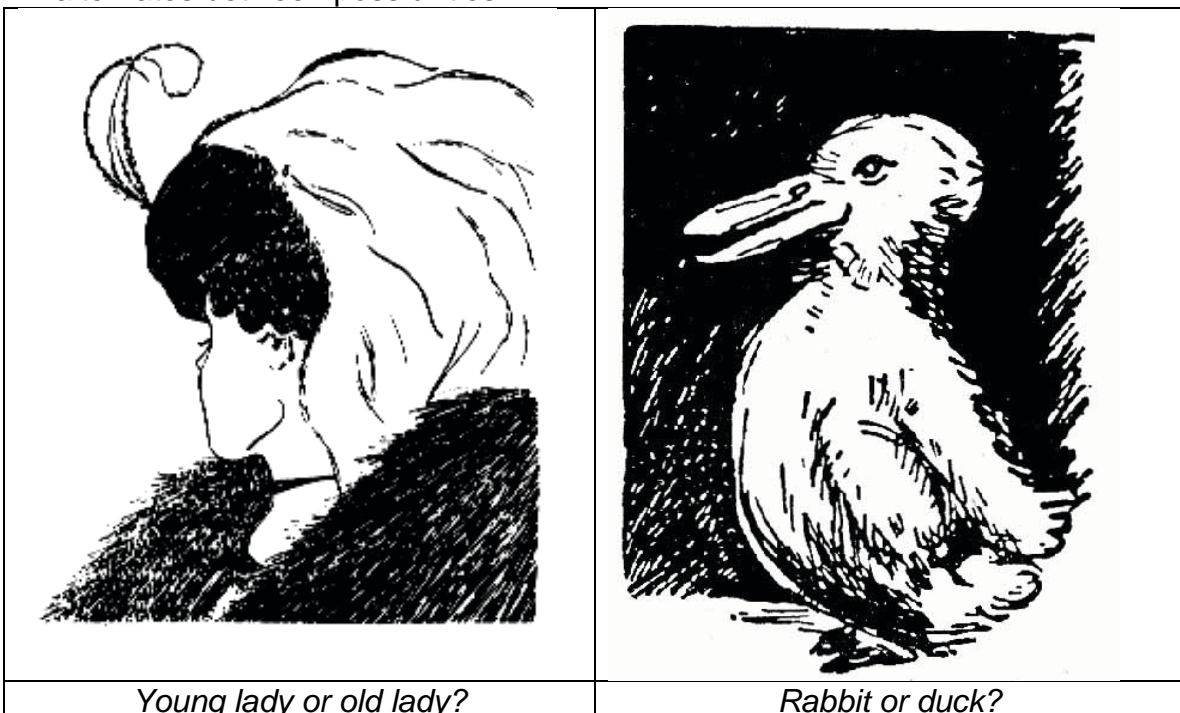




THE BRAIN with David Eagleman
Episode 4: How Do I Decide?

- 1) After watching the episode, what is your understanding of the expressions 'I have a gut feeling' or 'I need to do a gut check'?
- 2) In what way(s) does the legal system assume that people are rational decision makers?
- 3) What do bi-stable perceptions like these tell us about the brain? Note that nothing changes on the page, but your experience of what you're seeing alternates between possibilities.

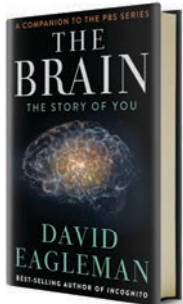


- 4) What's a situation in which you commonly argue with yourself?

- 5) Give an example of a Ulysses Contract that you're already using in your life. After watching the episode, what's a contract you would like to implement to better align your actions with your long-term goals?

- 6) Is there a correct answer to the trolley dilemma?

- 7) Someone once suggested that the button to launch nuclear missiles should be implanted in the chest of the President's best friend. That way, if the President chose to launch nukes, he'd have to inflict physical violence on his friend, tearing him open. Why was this suggestion made?



More depth on the issues in this episode can be found in the companion book, [*The Brain: The Story of You*](#)