

Less suffering, starting with *yours*.

A humanist mindset to live by: calmer inside, kinder to the people around you, and a little light for them on a hard day. The cycle starts with you.

TRY IT TODAY

Catch one thought.

When your head says “I’m such an idiot,” name it: that’s a thought, not a verdict. Then say what you’d tell a friend.

See one person, not a label.

Before you reply to someone you’ve filed under a label, picture them making breakfast this morning. Then reply.

Put one small thing down.

Forgive one minor slight today. You don’t have to tell them. It’s for the room in your own head.

01

Reduce suffering. That’s the rule.

FOR YOU One plain test for hard choices, so you spend less time agonizing.

TRY IT Facing a decision, ask which option leaves less suffering, and count your own.

“There is only one primary rule in Humanism: try to advance Goodness by increasing well-being and reducing suffering.”

02

02

Good without anyone watching.

FOR YOU Goodness you don’t have to perform is quieter, and much lighter to carry.

TRY IT Do one kind thing today that nobody will ever find out about.

“Remember being told “be nice to others” without also being told “because a god will punish you if you’re not”? That worked on your instinctive empathy, not your fear of damnation.”

03

You are not your thoughts. Heal yourself first.

FOR YOU The harsh voice in your head loses its authority. Less anxiety, more room to think.

TRY IT When a cruel thought about yourself shows up, label it “a thought” and ask what you’d tell a friend.

“Guilt is your informer, not your prison guard.”

04

Dehumanization begets dehumanization.

FOR YOU Fewer fights that follow you home.

TRY IT Skip one jab today, online or off, and notice what doesn’t come back at you.

“We now dehumanize by default; there often has to be a reason not to dehumanize someone!”

05

Nobody is “just another” anything.

FOR YOU Strangers stop feeling like threats, and the world gets less hostile.

TRY IT Swap one label for one specific detail about the actual person.

“Nobody is “just another cop,” “just another Christian,” or “just another” anything.”

06

Civility is a weapon.

FOR YOU You keep your calm, and you change minds instead of just winning the room.

TRY IT In your next disagreement, say their point back fairly before you make yours.

“Civil discourse is not yielding a position, it’s wielding a weapon!”

07

Forgiveness is for the forgiver. Redemption has to be possible.

FOR YOU You stop replaying the same hurt at 2 a.m.

TRY IT Forgive one small thing today, without announcing it.

“Refusing to allow redemption without due consideration is an act of dehumanization.”

08

The algorithm and the human.

FOR YOU Your attention back, and your evenings with it.

TRY IT When an app leaves you angrier than you arrived, close it for the night.

“Their business rewards everyone dehumanizing everyone else, because their real product is our attention.”