

*This article is part of a [multi-part series](#) on human misjudgment by Phil Ordway, managing principal of [Anabatic Investment Partners](#).*

Common mental illnesses and declines, including the tendency to lose ability through disuse

### **Update**

Also known as “Use-It-or-Lose-It Tendency,” and related to man with a hammer tendency.

- Use the functional equivalent of the flight simulator
- “Throughout his life, a wise man engages in the practice of all his useful, rarely used skills, many of them outside his discipline, as a sort of duty to his better self.”
- A reduction in the number of skills encourages a drift toward man with a hammer syndrome, along with a reduction in learning capacity.
- “It is also essential for a thinking man to assemble his skills into a checklist.”
- High-level skills can be maintained only with daily practice. The pianist Paderewski said that he could notice performance deterioration if he failed to practice for a single day, and that after a week the audience would notice too.