We live in a thick world of informational exchanges. Most of our capacity of negotiation as political agents depends on our understanding how information influences our political, economic and existential choices and how it coerces us. We are permanently exposed to social surveillance through new technologies. Not only we are vulnerable to harm in our societies, but we are cognitively vulnerable to information that is provided to us and that categories who we are in new ways. What is the role of these new forms of cognitive vulnerability in defining our political rights and obligations? How can we trust ourselves as political agents if we cannot trust anymore ourselves as cognitive, autonomous agents? This paper analyses the risks of cognitive vulnerability in reshaping our aims and needs in society and proposes some forms of epistemic resistance that could help us making sense of ourselves in navigating the informational stream that influence our very perception of who we are.