Cognitive Biases Stuffing Up Your Thinking

Cognitive biases make our judgments irrational. We have evolved to use shortcuts in our thinking, which are often useful, but can also cause us to double-down, despite disconfirming evidence. We are primed to see and agree with ideas that fit our preconceptions, and to ignore and dismiss information that conflicts with them.

The first thing you judge influences your judgment of all that follows. Our minds are given to making connections, it’s easy for us to use emotional labels and feel visceral in our interest, and that for our own specific and personal reasons.

When your core beliefs are challenged, it can cause you to believe even more strongly. We are unwilling to abandon our own ideas as an attack upon our very selves, or our identity. You can need to imagine or engage with disconfirming evidence.

The more you know, the less confident you’re likely to be. The more you learn, the more likely you are to question what you know. The more knowledge that you have, the more likely you are to understand how much you don’t know. This is why the ad industry is a thing, despite almost everyone believing they aren’t affected by advertising messages. This is why the ad industry is a thing, despite almost everyone believing they aren’t affected by advertising messages.

If a conclusion supports your existing beliefs, you’ll rationalize anything that supports it. If a conclusion disconfirms your existing beliefs, you’ll ignore and dismiss information that disconfirms it. This is why the ad industry is a thing, despite almost everyone believing they aren’t affected by advertising messages.

The first principle is that you must not fool yourself – and you are especially likely to do so.

You allow yourself to be unduly influenced by context and delivery. We allow ourselves to be unduly influenced, not just because we are unduly influenced, but because we think that all of that is normal and fine, whenever, and for reasons, and in a way that is unduly influenced.

When judging others, be mindful of how this bias interacts with your own. Be mindful of how this bias interacts with your own. Be mindful of how this bias interacts with your own.

You remember the past as better than it was, and expect the future to be worse than it will likely be. Most people are much more concerned about themselves than they are about the future. Most people are much more concerned about themselves than they are about the future. Most people are much more concerned about themselves than they are about the future.

You favor things that confirm your existing beliefs. You favor things that confirm your existing beliefs. You favor things that confirm your existing beliefs. Your preference for a just world makes you expect the future to be worse than it will likely be.

Your judgments are influenced by what springs most easily to mind. You allow negative things to disproportionately influence your thinking. You allow negative things to disproportionately influence your thinking.

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When something terrible is happening in a public setting we can experience a sense of deindividuation in a crowd. When we feel our liberty is being constrained, our inclination is to resist, and so we can be manipulative, can we hope to limit how much we are.

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It’s not only kind to view others’ situations with charity, it’s more objective too. Be mindful to also err on the side of taking personal responsibility in such knowledge and so might presume them to just be a slow person. A useful thing to ask is ‘when and how did I get this belief?’

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You allow things to happen in a public setting to make it seem like they happened in a private setting. This is why the ad industry is a thing, despite almost everyone believing they aren’t affected by advertising messages.

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Try to be mindful of how things are being put to you. When teaching someone something new, go slow and explain like they’re ten years old (without being patronizing). Repeat key points and feedback action you to help understand knowledge.

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