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# 8 TIPS TO OVERCOME COGNITIVE BIASES





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# 01

# ACKNOWLEDGE THE EXISTENCE OF BIASES

The first step in overcoming biases is to acknowledge that they exist and that everyone is susceptible to them.





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# 02

## IDENTIFY YOUR OWN BIASES

Reflect on your thoughts and beliefs to identify any biases that may be affecting your judgment





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# 03

## SEEK OUT DIVERSE PERSPECTIVES

Exposure to a variety of perspectives can help reduce the impact of biases by providing new information and alternative viewpoints





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# 04

# PRACTICE CRITICAL THINKING

Challenge your own assumptions and beliefs by questioning the evidence and reasoning behind them





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# 05

## USE DECISION- MAKING FRAMEWORKS

Structured decision-making frameworks can help reduce the influence of biases by forcing you to consider multiple options and perspectives.





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# 06

## TAKE A BREAK

If you find yourself getting emotional or invested in a particular outcome, take a break to clear your head and approach the situation objectively.





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# 07

## SEEK FEEDBACK

Ask for input and feedback from others, especially those with different perspectives, to help broaden your understanding of a situation.







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08

# CONTINUOUSLY EDUCATE YOURSELF

Stay informed and continue to educate yourself about cognitive biases and how they can impact thinking and decision-making.





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**COGNITIVE BIASES ARE SYSTEMATIC WAYS THAT OUR THINKING CAN BE SKEWED, LEADING US TO MAKE INCORRECT OR IRRATIONAL JUDGMENTS.**

**OVERCOMING THESE BIASES REQUIRES CONSCIOUS EFFORT AND A WILLINGNESS TO QUESTION ONE'S OWN ASSUMPTIONS.**



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