



THE RESILIENCE READER

CHAPTER 8: CONFIRMATION BIAS

Competency: Mental Agility

**I think
therefore
I am.** ~Descartes

We see what we are looking for,
so it is hard to change our
minds.

The Confirmation Bias causes us to...

Notice
Remember
Weight



NOT Notice
NOT Remember
NOT Weight

Velcro Effect

If evidence DOES support
our thoughts or beliefs it
sticks to us like Velcro.

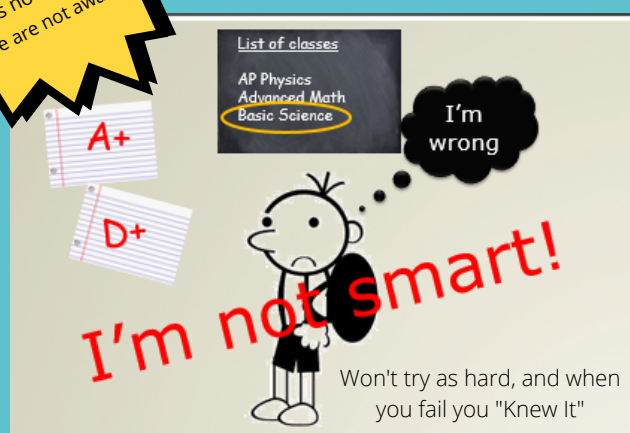
Teflon Effect

If evidence does NOT
support our thoughts or
beliefs it slides off like Teflon.

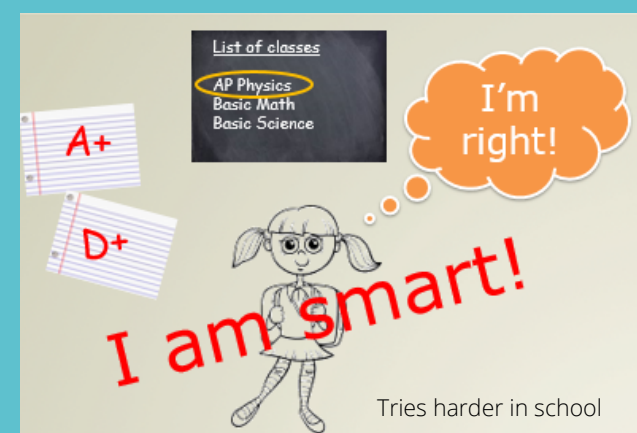
THE STRONGER THE BELIEF

The stronger the Confirmation Bias

Can go towards both Positive and Negative thoughts



Only take easy classes. Only focus on bad grades



Take harder classes. Only focus on good grades

EMPOWER YOURSELF

STRATEGY TO FIGHT THE CONFIRMATION BIAS

VELCRO OR TEFLON

Name a belief that is affected by the confirmation bias, then list all of the "Velcro" items that support your belief. Work with a friend/ family member to list the Teflon evidence that you may be missing.

BELIEF:

VELCRO

Evidence that STICKS to me

TEFLON

Evidence that SLIDES right off me

WHAT NEXT?

Based off the above evidence, is your confirmation bias true to life or do you need to work on fixing it?