MIND THEORY

Confirmation Bias:

Key Takeaways & Action Plan

UNDERSTAND • RECOGNIZE • REDUCE • THINK MORE OPENLY



1 What Is Confirmation Bias?



Confirmation bias is the tendency to notice, remember and give more weight to information that **confirms what we already believe**, while ignoring or downplaying information that challenges our views.

As a result, we see a filtered version of reality, not the full picture.

2 How The Brain Filters Reality

Selective Attention

Our brain automatically notices and focuses on information that matches our existing beliefs, and often overlooks what doesn't fit.



Cognitive Dissonance

Information that contradicts our beliefs creates mental discomfort. To avoid this, we may reject, minimize or rationalize it instead of considering it fairly.



3 4 Daily De-Biasing Tools

1



Red Team Exercise

Actively look for arguments against your view. Ask: **"What evidence would prove me wrong?"**

2



Disconfirming Questions

Ask open questions to find multiple perspectives. Seek out answers from people who disagree with you.

3



Diversified Reading

Read and follow sources with different viewpoints. Expose yourself to well-reasoned opposing perspectives.

4



Mental Upgrades

Be open to changing your mind. Treat beliefs as work-in-progress based on new evidence, not as fixed facts.

A more open mind leads to clearer thinking, better decisions and stronger relationships.

MIND THEORY
KNOW YOUR MIND. BUILD A BETTER YOU.