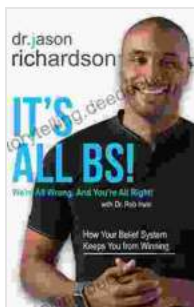


# We're All Wrong and You're All Right: A Deep Dive into Cognitive Biases and the Importance of Perspective

We all have cognitive biases. These are mental shortcuts that help us to make sense of the world quickly and efficiently. However, these shortcuts can also lead us to make mistakes in our thinking and decision-making.



## It's All BS!: We're All Wrong And You're All Right!

by Jason Richardson PsyD. MBA

★★★★☆ 4.5 out of 5

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Confirmation bias is one of the most common cognitive biases. This bias leads us to seek out information that confirms our existing beliefs and to ignore information that contradicts them. This can lead to us becoming entrenched in our views and making decisions that are not in our best interests.

Another common cognitive bias is the availability heuristic. This bias leads us to believe that things that are more easily recalled from memory are more likely to happen. This can lead to us overestimating the risks of certain events and underestimating the risks of others.

Cognitive biases can have a significant impact on our lives. They can lead us to make bad decisions, to be less tolerant of others, and to be more likely to experience anxiety and depression.

So, what can we do about cognitive biases? The first step is to be aware of them. Once we know that we are susceptible to these biases, we can take steps to mitigate their effects.

One way to mitigate the effects of cognitive biases is to seek out information that contradicts our existing beliefs. This can help us to see the world in a more nuanced and accurate way.

Another way to mitigate the effects of cognitive biases is to consider the perspectives of others. This can help us to understand why people think and behave the way they do, even if we don't agree with them.

Finally, it is important to remember that we are all human and that we are all susceptible to cognitive biases. This doesn't mean that we should give up on trying to think and make decisions in a rational way. It simply means that we should be aware of our biases and take steps to mitigate their effects.

## **The Importance of Perspective**

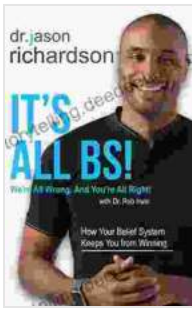
Perspective is the way in which we see and interpret the world. Our perspective is shaped by our experiences, our beliefs, and our values. It affects everything from the way we make decisions to the way we interact with others.

It is important to have a broad perspective. This means being open to new ideas and experiences, and being willing to consider the perspectives of others. A broad perspective can help us to make better decisions, to be more tolerant of others, and to be more likely to experience happiness and well-being.

There are many ways to broaden our perspective. One way is to travel and experience different cultures. Another way is to read books and articles by people from different backgrounds. We can also broaden our perspective by talking to people who have different views from us.

Broadening our perspective can be challenging, but it is worth it. A broad perspective can help us to see the world in a more nuanced and accurate way. It can also help us to be more open-minded and tolerant of others.

We all have cognitive biases. These biases can lead us to make mistakes in our thinking and decision-making. However, it is important to remember that we are not our biases. We can learn to recognize our biases and take steps to mitigate their effects. We can also broaden our perspective by seeking out information that contradicts our existing beliefs and by considering the perspectives of others. By doing so, we can become more rational, more tolerant, and more likely to experience happiness and well-being.



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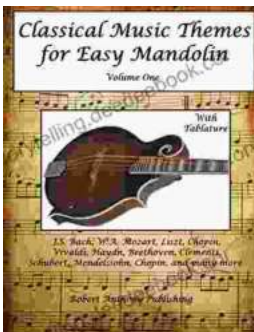
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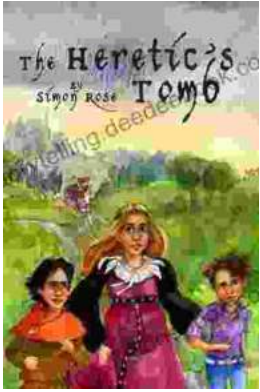
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