# **Cognitive Biases that affect us**

# Similar to me/Affinity:

We are attracted to those people with whom we share likes, dislikes, values and even those who look the same as us.



#### **Confirmation:**

We pay attention only to information that confirms our existing assumptions.



#### Attribution:

Over or underestimating the impact of internal or external factors when judging the behaviour of others.



#### **Horns and Halo:**

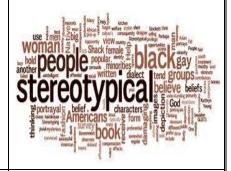
We give Horns (negative) or Halos (positive) to individuals that can be difficult for us or them to change.





## Stereotype:

We generalise people and things.



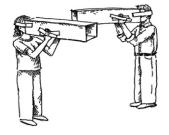
#### Framing:

Tendency to be influenced by the way a situation is present even though it should not affect the solution.



## Blind-spot:

Failing to recognise our own biases is a bias in itself. Recognising them in others is often much easier!



## **Anchoring:**

We rely too heavily on the first piece of information (the "anchor") when making decisions.



Which biases may affect me?

How might I demonstrate these biases in my work? What effect might this have on the situation?