

# BIAS BINGO

WHAT  
MIGHT YOU  
NOT HAVE  
NOTICED?

## WHAT'S THE POINT?

Our brains are wired to make life easier for us by sticking to patterns of thinking that already work for us. This has lots of upsides. But one of the downsides is that we can be restricting our ability to think differently about situations and to therefore limit the potential new scenarios or solutions we could create for ourselves. Spotting where we have some natural biases in our current thought patterns can enable us to challenge ourselves to think better.

## LET'S DO IT!

Here is a table with boxes in it. Within each box is a description of something you might say out loud or tell yourself. Spend some time today playing "bingo" – crossing off each box when you notice that your brain is trying to trick you by using a bias to stop you from thinking more broadly.

Maybe treat yourself if you get a line!  
Maybe treat yourself big if you spot them all and get a full house!

### FREQUENCY BIAS

You heard someone say something yesterday or saw someone doing something yesterday and now they (or other people) are saying and doing it all the time

### SELF-SERVING BIAS

You find yourself deciding that a quality in someone is not that important because it is something that you have always managed to work around

### IN-GROUP BIAS

You find yourself thinking that someone outside your team or family is not as good at something or doesn't possess as much of a quality as someone within your team or family

### CURRENT MOMENT BIAS

You find yourself doing something interesting, but not very important/urgent when you have something important/urgent waiting to be done.

### STATUS-QUO BIAS

You find yourself saying "It's not broken, so let's not fix it" without really stopping to think if the fix could be worthwhile

### FREQUENCY BIAS

You find yourself noticing a particular object when you have just bought or looked at buying that object yourself

### NEGATIVITY BIAS

You find yourself thinking that someone being critical of something is smarter than someone who is being positive about something

### CURRENT MOMENT BIAS

You find yourself putting something off that you don't really want to do and saying "I'll do that tomorrow/another time"

### NEGATIVITY BIAS

You find yourself paying much more attention to a criticism you received than a compliment

### CONFIRMATION BIAS

You have always thought that this person is a bad/late/disorganised person and they have just proved you right...again

### BANDWAGON BIAS

You find yourself using phrases like "everyone thinks that" or "nobody does that"

### CONFIRMATION BIAS

Your best friend or star colleague at work has just done something brilliant. Again.



## REFLECT & QUESTION

Did you notice anything different about your thought patterns as a result of doing this activity?

Did the fact that these traits were called "biases" make you more or less likely to spot them?

## PARTING SHOT

Try to spot an example of a bias each day for the next week. Challenge it, if you can.

"MINDS ARE LIKE PARACHUTES, THEY ONLY FUNCTION WHEN THEY ARE OPEN."  
SIR THOMAS DEWAR