

THINK THE OPPOSITE

WHAT'S THE POINT?

Our brains are subject to cognitive bias. This means we find it difficult to process information which contradicts something we already believe to be true. When you find yourself with a problem to solve or a decision to make, it can help if we force our brains to see what could happen if we held the opposite belief.

LET'S DO IT!

Take a situation that you are certain about your position on, even though you know there are different and strong views to the contrary. This could be about work, your personal life or the wider world. Maybe you want to do something that other people don't seem willing to support? Or you have disagreed with someone because you feel they are just wrong, wrong, wrong. Or it could be something you have decided not to do, because you are certain it is too risky. This exercise can work for any of those things. On the opposite page, summarise in 3 short sentences why you feel that you are right.

Now, on the next page Brainstorm all the possible ways in which you might be wrong. Don't stop until you have filled in the space. Be provocative and challenging. Really try and be clever about taking up the opposing view. Try to stand in someone else's shoes who sees the world differently. Your brain will resist so don't be surprised if it is hard. That's why we've given this activity 4 pages!

HOW WOULD YOU WIN AN ARGUMENT WITH YOURSELF THAT THE OPPOSITE WAS TRUE?

3 SENTENCES THAT SUMMARISE WHY I AM COMPLETELY RIGHT

1.

2.

3.



THINK THE OPPOSITE CONTINUED

2 FULL PAGES OF BRAINSTORMING
ABOUT WHY I AM COMPLETELY WRONG...
WHY THE OPPOSITE IS ACTUALLY TRUE
AND I JUST HAVEN'T SEEN IT YET...

? REFLECT & QUESTION

What is interesting about how you approached why you might be wrong?

What might you have missed thinking about if you had not done this exercise?

What are your Options?

PARTING SHOT

What action could you take right now to make the time on this exercise worthwhile? Examples might include apologising to someone, acknowledging you need more time or information to make a balanced decision, or actually doing something because you are now even more convinced you should!

"A GOOD COMPROMISE IS ONE WHERE EVERYBODY
MAKES A CONTRIBUTION." ANGELA MERKEL