
An illustration of two children sitting at a white table. The child on the left is a boy with dark skin, black hair, and a surprised expression, wearing a red vest over a yellow shirt. The child on the right is a girl with blue skin, black hair, and a smiling expression, wearing a yellow shirt. An open book rests on the table between them. The background features a warm-toned room with a large arched window, hanging lanterns, and a large grey Greek letter Psi (Ψ) symbol in the upper left corner. A red speech bubble contains text from the boy, and a brown speech bubble contains text from the girl.

Krishna, I've been noticing something strange lately. Whenever I read about a new psychological theory, I only seem to focus on evidence that supports it.


That's interesting, Arjun. What do you think might be happening?



I'm not sure. It's like I automatically dismiss information that contradicts what I initially believe.

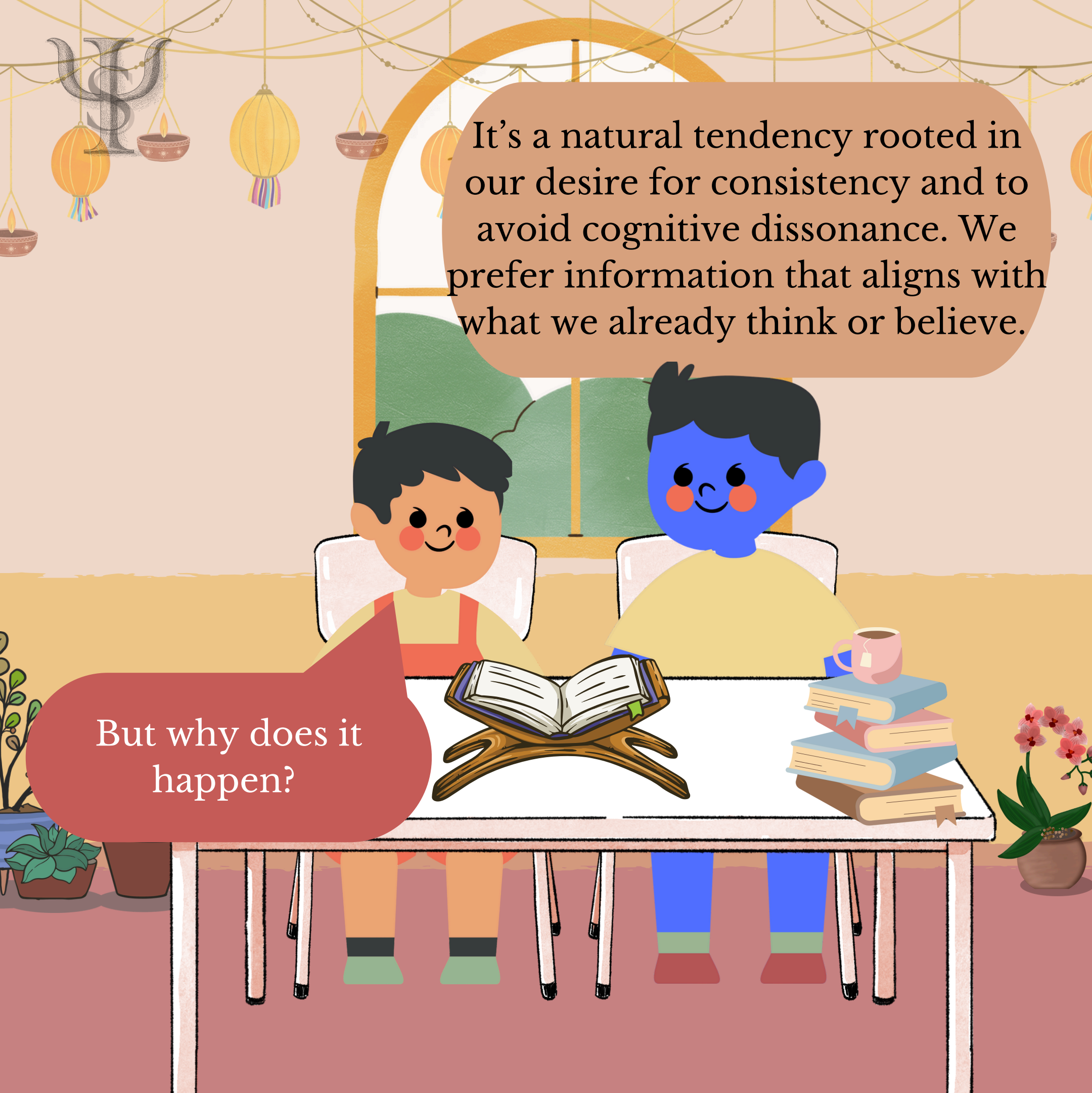
Ah, that sounds like confirmation bias!



An illustration of two children sitting at a white table, reading books. The child on the left is a boy with dark skin and black hair, wearing an orange shirt and orange pants, looking surprised with his mouth open. The child on the right is a girl with blue skin and black hair, wearing a yellow shirt and blue pants, with her eyes closed in a peaceful expression. On the table are an open book on a wooden stand, a stack of four books, and a pink teacup. The background features a large arched window with a view of green hills and birds, decorated with hanging lanterns and string lights. A large, semi-transparent brown speech bubble contains the definition of confirmation bias. A red speech bubble on the left contains the question 'Confirmation what?'.

Confirmation bias! It's when we seek out or interpret information in a way that confirms our existing beliefs or hypotheses


Confirmation what?

An illustration of two children sitting at a white table, reading books. The child on the left has orange skin and black hair, wearing an orange shirt. The child on the right has blue skin and black hair, wearing a yellow shirt. On the table is an open book on a wooden stand, a stack of four books, and a pink teacup. The background features a large arched window with green foliage outside, and the room is decorated with hanging lanterns and string lights. A large, light brown speech bubble contains text. A red speech bubble is also present.

It's a natural tendency rooted in our desire for consistency and to avoid cognitive dissonance. We prefer information that aligns with what we already think or believe.


But why does it happen?



An illustration of two children sitting at a white table, reading books. The child on the left is a boy with dark hair, wearing an orange shirt, looking surprised with his mouth open. The child on the right is a girl with blue skin and black hair, wearing a yellow shirt, looking calm with a slight smile. On the table is an open book on a wooden stand, a stack of four books, and a pink teacup. The background features a large arched window with green foliage outside, and the room is decorated with string lights, yellow lanterns, and small oil lamps. A large, light brown speech bubble contains text. A red speech bubble is also present.

Awareness is the first step.  
Recognizing that confirmation  
bias exists can help you seek out  
perspectives and consider  
evidence objectively.

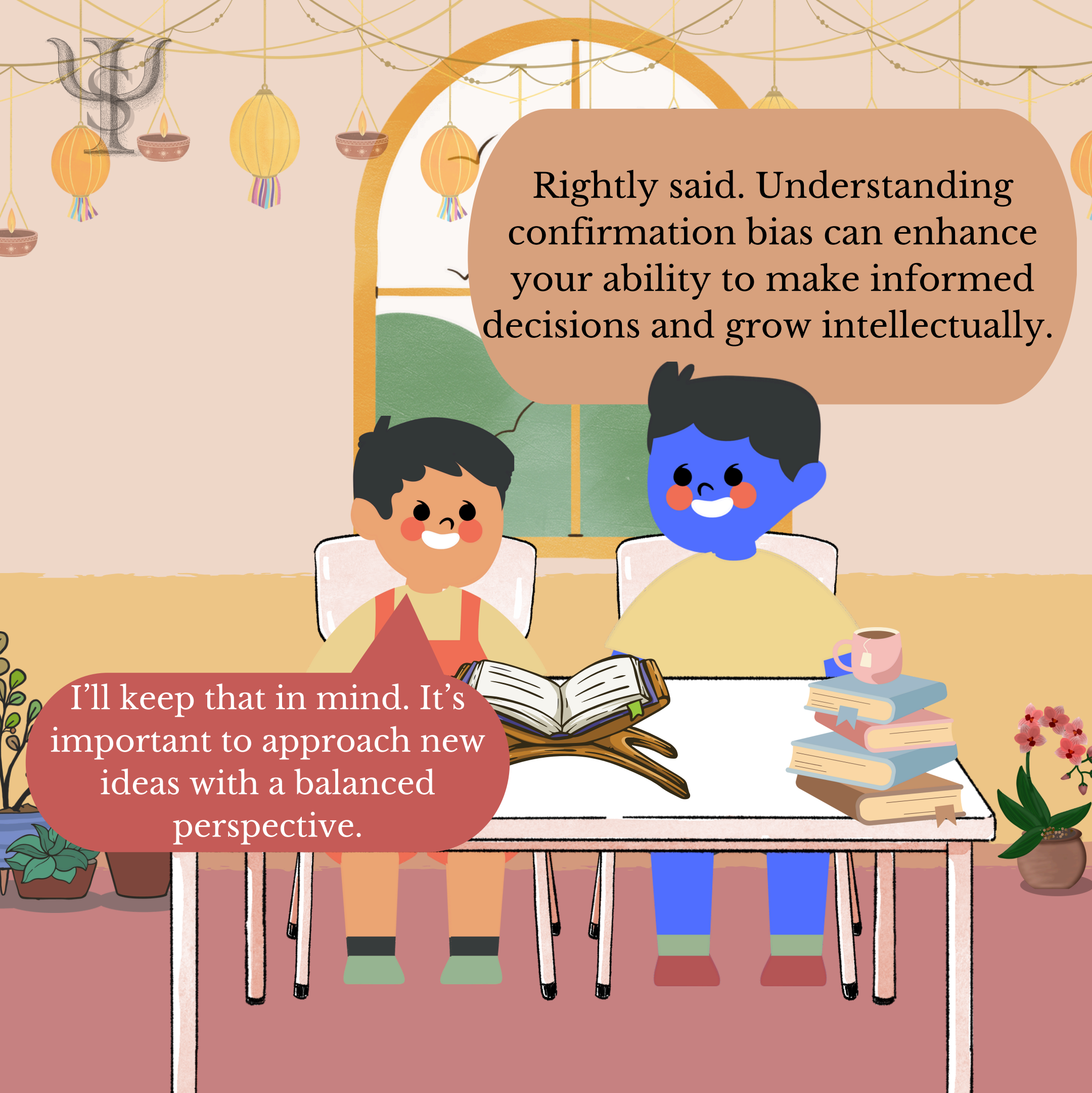
So, how can I avoid  
falling into this bias?

An illustration of two children sitting at a white table, reading books. The child on the left has orange skin and black hair, wearing a yellow shirt and red overalls. The child on the right has blue skin and black hair, wearing a yellow shirt. On the table are an open book on a wooden stand, a stack of four books, and a pink teacup. The background features a large Psi symbol (Ψ) hanging from a string of lights, along with several lit oil lamps and yellow lanterns. A large, rounded, light-brown speech bubble contains text. A smaller, red, pointed speech bubble is also present.

Yes, Arjun. By challenging our own assumptions and seeking out alternative viewpoints, you can mitigate the effects of confirmation bias.

That makes sense. It's about being open-minded and critically evaluating information, right?





Rightly said. Understanding confirmation bias can enhance your ability to make informed decisions and grow intellectually.

I'll keep that in mind. It's important to approach new ideas with a balanced perspective.