

Cognitive Biases

Body & health

The thinking shortcuts that most often produce wrong conclusions.

The biases with the widest practical consequences.

Bias	What happens
Confirmation	Evidence that agrees is sought and believed more
Anchoring	The first number seen distorts every later estimate
Availability	Vivid or recent examples feel more probable
Sunk cost	Continuing because of what is already spent
Hindsight	Believing it was predictable, afterwards
Dunning-Kruger	Low skill makes it hard to recognise low skill
Fundamental attribution	Others' actions blamed on character, yours on circumstance

The most reliable correction is external: ask someone who disagrees, and write predictions down before the outcome.