

Bias Buster Field Guide

3 Mental Traps to Kill Today

1. Name the Bias

Spot it, say it out loud, and strip it of power before it hijacks your decision.

2. Flip the Script

Argue the exact *opposite* of your gut reaction for 60 seconds. If it still holds up, proceed.

3. Phone a Frenemy

Run the idea past someone who'll challenge you, not cheerlead you. Brutal honesty beats blind validation.