

Unveiling the Blindspot: Hidden Biases of Good People



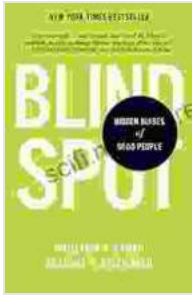
We all like to think of ourselves as good people, fair and impartial. But the truth is, we all have biases. Biases are unconscious beliefs and attitudes that can influence our thoughts, feelings, and behaviors. And while we may not be aware of them, our biases can have a significant impact on our lives and the lives of others.

Blindspot: Hidden Biases of Good People

by Mahzarin R. Banaji

★★★★☆ 4.5 out of 5

Language : English



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X-Ray	: Enabled
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One of the most common biases is the **confirmation bias**. This bias leads us to seek out information that confirms our existing beliefs and to ignore information that contradicts them. For example, if we believe that a particular politician is corrupt, we are more likely to pay attention to news stories that support that belief and to ignore stories that challenge it.

Another common bias is the **in-group bias**. This bias leads us to favor people who are similar to us. For example, we may be more likely to trust someone who is the same race or gender as us. Or we may be more likely to help someone who is a member of our same social group.

These are just two examples of the many biases that we all have. And while our biases can sometimes be helpful (for example, they can help us to make quick decisions), they can also be harmful. Our biases can lead us to discriminate against others, to make unfair judgments, and to make decisions that are not in our best interests.

So what can we do about our biases? The first step is to become aware of them. Once we are aware of our biases, we can start to take steps to overcome them. Here are a few tips:

- **Be open to new information.** When you are confronted with information that contradicts your beliefs, don't dismiss it out of hand. Instead, take the time to consider it carefully. It may be that your beliefs are not as well-founded as you thought.
- **Be mindful of your own thoughts and feelings.** When you are making a decision, pay attention to the thoughts and feelings that are driving your decision. Are you being influenced by your biases? If so, try to make a conscious effort to overcome them.
- **Seek out diversity.** Surround yourself with people who are different from you. This will help you to see the world from different perspectives and to challenge your own assumptions.

Overcoming our biases is not easy, but it is important. By becoming aware of our biases and taking steps to overcome them, we can create a more just and equitable world for all.

Additional Resources

- The Hidden Biases of Good People
- The Science of Implicit Bias
- Unconscious Bias in Healthcare: A Review of the Literature and Recommendations for Mitigation



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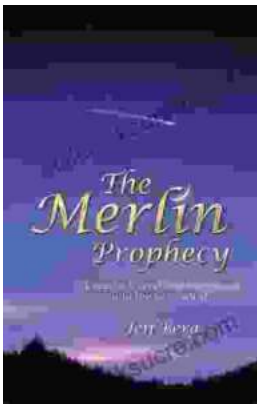
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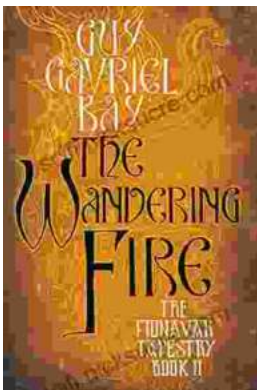
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