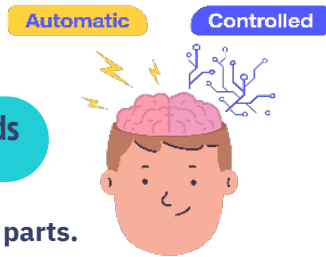


Takeaway 1: Our Divided Minds

Our brains are divided into two parts.

Automatic Thinking = Emotional and intuitive processes

Controlled Thinking = Conscious and analytical processes



Takeaway 2: The Elephant and the Rider

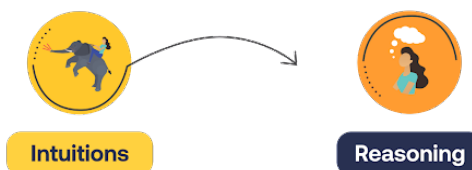
The Elephant = our automatic thinking

The Rider = our controlled thinking



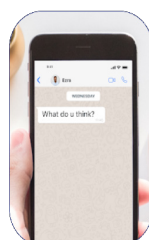
Takeaway 3: Intuitions, then Reasons

Our reasoning often comes after our intuitions, rather than the other way around. This creates consistent errors in our reasoning that can shape how we interpret facts and can lead to disagreements in conversations.



Confirmation Bias = our brains' tendency to accept information that aligns with beliefs we already hold and reject information that contradicts them – even if that information is totally valid.

Takeaway 4: Confirmation Bias



It is everywhere, happens to everyone, and shapes our judgments about idea policies, and people.

