

# Biases

A small collection of common cognitive biases.

# Anchoring Bias

We tend to rely heavily upon the first piece of information we receive.

# Availability Heuristic

We tend to think that things that happened recently are more likely to happen again.

# Commitment Bias

We tend to support our past ideas even when presented with evidence that they are wrong.

# Confirmation Bias

We tend to favor our existing beliefs.

# Empathy Gap

We tend to mispredict how much our emotions influence our behavior.

# Hot Hand Fallacy

We tend to expect previous successful performance to lead to future successful performance.

# Illusory Truth Effect

We tend to believe misinformation more easily when it is repeated many times.



# Motivating Uncertainty Effect

We tend to be more motivated by rewards of unknown sizes than by known rewards.

# Nostalgia Effect

We tend to be influenced by sentimental feelings for the past when taking action in the present.

# Ostrich Effect

We tend to prefer to ignore negative information.

# Planning Fallacy

We tend to underestimate how long it will take to complete a task.

# Restraint Bias

We tend to overestimate our self-control.

# Self-Serving Bias

We tend to blame external factors for our own mistakes.

# Pygmalion Effect

We tend to perform better when someone has high expectations of us.