

# Bias Spotter (A4)

We all use mental shortcuts. Spotting them gives you more room to choose your next step.

- Black-and-white thinking — only 'good/bad', 'success/failure' with nothing between.
- Fortune-telling — assuming you know the future outcome.
- Mind-reading — assuming you know what others think.
- Catastrophising — imagining the worst outcome only.
- Should statements — rigid rules that don't fit the moment.
- Personalisation — taking too much blame or credit.

Circle 1–2 you notice this week. Pair with a reframe you can believe.