

### 3 Key De-biasing strategies

- **Perspective taking** – Considering a situation from someone else’s point of view
- **Mindfulness**
  - Mindfulness meditation -Viewing thoughts and feelings nonjudgmentally as mental events, rather than as part of the self
  - Loving-kindness meditation - having a focus of developing warm and friendly feelings toward others
- **Building new associations**
  - Counter-stereotypes – finding specific examples that are different from a stereotype; can be imagery
  - Inter-group contact – personal and professional (e.g. friend groups, peer consultations)
  - Decategorization – focus on the unique characteristics of individuals rather than their group categories
  - Recategorization – finding overlap between ingroups and outgroups in order to make a larger grouping

### Resources

- [Harvard Implicit Association test](#)
- Vernā Myers - [TED: Ideas worth spreading: How to Overcome Our Biases? Walk Boldly Toward Them](#)