Biased Belief

And what is the impact of that on your expectations next time you encounter a similar situation? And on the belief we started with?

So what is this telling us about what keeps the belief going and stops you from updating it?

Biased Memory
And afterwards, what do you tend to remember most clearly about the situation? And what tends to be forgotten?

Biased Perceptio
And once in the situation, what jumps out at you? What do you tend to focus on most?

Biased Interpretation
What do you make of what you see? What do you take it to mean about you / others / the world / the future?

Biased expectation
So when you enter a situation relevant to this belief, what do you anticipate?

Cognitive Maintaining Cycle
Butler, Fennel, Hackmann 2008