

Biases and Fallacies Cheat Sheet

Quick Questions to Avoid Cognitive Pitfalls	Yes	No
How to Use This Cheat Sheet: For every major decision, quickly run through the relevant questions. If you answer "yes" to any question, pause and reassess your thinking.		
1. Confirmation Bias		
Am I only seeking information that supports my current belief?		
Have I ignored evidence that challenges my perspective?		
2. Hindsight Bias		
Am I assuming I "knew it all along" after the outcome is known?		
Did I adjust my memory of earlier predictions to match the result?		
3. Overconfidence Bias		
Am I overestimating my ability or knowledge about this decision?		
Have I considered the possibility that I could be wrong?		
4. Availability Heuristic		
Am I relying on recent or vivid examples rather than data or facts?		
Does the ease of recalling something make it seem more likely than it is?		
5. Anchoring Bias		
Am I letting the first piece of information I received overly influence my decision?		
Have I adjusted enough from the initial anchor to consider all alternatives?		
6. Loss Aversion		
Am I avoiding a decision solely because I fear losing something?		
Does my focus on avoiding losses outweigh potential gains?		
7. Zero Risk Bias		
Am I focusing on eliminating small risks while ignoring bigger ones?		
Have I weighed the overall impact of my choice instead of seeking "perfect safety"?		
8. Sunk-Cost Bias		
Am I continuing because of past investments rather than future value?		
Would I still make this choice if no prior resources were spent?		
9. Groupthink		
Am I agreeing with the group to avoid conflict rather than voicing my concerns?		
Has critical evaluation of ideas been encouraged in this decision?		
10. Halo Effect		

Am I letting one positive trait overshadow other aspects of this person or thing?		
Would my evaluation change if I focused on other factors?		
11. Ad Hominem Fallacy		
Am I dismissing the argument because of the person making it?		
Am I attacking the person instead of addressing their argument?		
12. Straw Man Fallacy		
Am I misrepresenting someone's argument to make it easier to refute?		
Have I addressed their actual points instead of oversimplifying them?		
13. Appeal to Authority Fallacy		
Am I believing this solely because an authority figure said it?		
Have I verified if their expertise applies to this specific decision?		
14. Slippery Slope Fallacy		
Am I assuming one action will inevitably lead to extreme negative outcomes?		
Have I considered evidence to support or refute this progression?		
15. Post Hoc Fallacy		
Am I assuming that because one event followed another, the first caused the second?		
Have I looked for other explanations or evidence of causation?		
16. False Dilemma Fallacy		
Am I framing this decision as "either-or" when other options exist?		
Have I explored alternatives outside the two presented options?		
17. Circular Reasoning Fallacy		
Am I using the conclusion as evidence to support itself?		
Does my reasoning rely on actual evidence, not assumptions?		
18. Appeal to Popularity Fallacy		
Am I agreeing with this just because "everyone else" does?		
Is this decision supported by evidence or just popularity?		
19. Red Herring Fallacy		
Am I introducing irrelevant information to distract from the main issue?		
Does this argument stay focused on the core topic?		
20. False Cause Fallacy		
Am I confusing correlation with causation?		
Have I checked if other factors could explain the outcome?		