

"I told you so!"

"Well, if you'd mentioned all this road work, I would've gone a different way."

*"Well, if you'd been listening, you'd have heard me say
that the highway is always better,
and we wouldn't be sitting in this traffic jam right now!"*

"I told you so" ~ one of the most annoying phrases in the English language, especially when it isn't true! Did she really **foresee** what was going to happen? No, she just got lucky. This is a classic example of "hindsight bias."

Humans have the ability to **review** and **reconsider** past experiences and **analyze** the decisions we made. This is how we learn from our mistakes. Hindsight bias interferes with this process, making it difficult to accurately **evaluate** past situations.

If you're convinced you knew how something would eventually turn out, then you **dismiss** any doubts you might have had beforehand, you **reject** alternative scenarios that might have led to the same outcome, and you **fixate** on a single explanation.

Hindsight bias also makes it easy to **presume** you know what's going to happen in the future. If you're convinced there was only one way to **interpret** a past situation, you're less likely to **envision** creative solutions for new problems. You just go with the first idea that comes to you and **disregard** the advice of others. And soon, you're the one hearing "I told you so!"