1) Tick true or false

- when information is missing, our brain can fill in the blanks by using our previous experience
- ability to fill in the blanks by using our previous experience has only harmless effect
- less immediate information can be distorted by the information stored in our long term memory
- when people really want to believe in what they hear or read their do not focus on the desired outcome
- our brain tends to concentrate on the facts that denies our own point of view
- it is a painful and challenging process for people to accept that they might be wrong

2) Choose the correct variant multiple choice

1. The tendency to look for the information that confirms our beliefs or supports our existing position
   A) Confirmation memory
   B) Confirmation bias
2. Brain allocates many resources to
   A) complex and long term memories
   B) short term memory
   C) peripheral nervous system
3. Our brain has a tendency to accept
   A) Only our points of view
   B) All points of view
   C) Others points of view
4. The phenomenon when the brain supplements information based on past experience is called
   A) cognitive distortion
   B) Barnum effect
   C) Confirmation memory
   D) Confirmation bias

3) Choose the recommendations on how to overcome cognitive distortions.

1. critically assess information
2. listen to no point of view
3. look for alternative opinions
4. defend your own point of view
5. trust to the information only received from your friends or relatives
6. check multiple sources

LIVEWORKSHEETS