

“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!”