

Getting good information requires not only evaluating your sources, but also evaluating your own process and preconceptions.

AM I BEING FAIR?

Use these four road-tested strategies from journalism to counter your own biases.

Be Yourself, But Know Yourself

Recognize your identity, experiences and emotions. Think about how they affect your views and responses – both for better and for worse.

Revisit and Revise

Assume that new facts will emerge and circumstances will change. Be prepared to adjust your own views and responses accordingly.

BALANCE YOUR BRAIN

Never Rely on a Single Source

Seek out a variety of information to make sure that facts hold up and to gain more than one perspective on the issue.

Engage with 'Editors'

Find people, publications, podcasts, and such that introduce new ideas, challenge your views and force you to sharpen your arguments.