

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.