

# LADDER OF INFERENCE

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## WHAT IS IT?

- Shows how mental models are formed unconsciously within a fraction of a second
- Mental models determine **what** you see, **how** you see, and what **assumptions/biases** you strengthen
- This process runs continuously, causing us to potentially ignore facts and jump to conclusions

## WHY WOULD I USE IT?

- To try to remove bias from facts and not judge too soon
- To become aware of your own thoughts and reasoning, and to understand the motivations of others
- To use your own convictions and experience in a positive and solutions-based way

## HOW DO I USE IT?

- 1 - Review your mental models in the context of the situation by asking yourself the questions below
- 2 - Ask yourself "What steps on the ladder do others in this situation see me taking?"

