**DE BONO’S SIX THINKING HATS TO HELP YOU DECIDE “WHAT NEXT”**

Edward De Bono, a leading expert on thinking, says “the main difficulty of thinking is confusion. We try to do too much at once. Emotions, information, logic, hope and creativity all crowd in on us. It’s like juggling too many balls”. De Bono describes 6 different types of thinking that we do all the time and associates each with a different colour hat. Try using six thinking hats to help you think through a particular situation

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| **Colour of hat** | **Visualise** | **Thinking style** | **What is next for you** | **Thoughts/any actions** |
| **Red****Feelings** | **Fire and warmth****j0431739** | **Emotions. “This is how I feel about it”** | **How would you describe your feelings about this idea?** |  |
| **Yellow****Benefits** | **Sunshine****j0424628** | **Sunny and positive. Optimistic and hopeful. “It can work because”…** | **Benefits to you, your colleagues, your organisations, your customers?** |  |
| **Green****Creativity** | **Seeds grown and starting to grow into plants****j0425918** | **Energetic. Abundant and fertile. Dare to think the impossible** | **What new thoughts and ideas have you had? What suggestions do you have to overcome the black hat concerns above?** |  |
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| **White****Information** | **Sheet of paper with information on it** | **Neutral, dispassionate and objective. “Show me the facts and figures”** | **What new facts do you need to know?** |  |
| **Black****caution** | **Danger and risks****j0412618** | **Critical thinking. Sombre, serious and cautious. “It won’t work because…”** | **What are the least positive aspects for you? What problems and issues are there?** |  |
| **Blue****Managing thinking** | **Helicopter/Plane’s eye view****j0293234** | **Strategic and planning. Cool and controlled. Where are we now? Where are we going?** | **What are the next steps and actions you intend to take?** |  |