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by Josephat Kamuyu

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Analysis of Personal Beliefs and Biases

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Analysis of Personal Beliefs and Biases

I tend to see myself as a good person who loves life, tries to live morally, and believes in God. The things that I believe to be true is the existence of God, what it means to be a good person, and morality. My belief in the existence of God came about by how my parents brought me up. This included going to church with them, being taught about the love that God has for all of us, and that He is always present. Since then, I always believe in God's existence because of certain extraordinary things that have happened in my life and that of my family and friends. Hence, my belief in God is through the experience I have with His goodness and some of the experiences that my family and friends have testified. My belief in what it means to be a good person is that good things always come to people who do good towards themselves and others. If you are good to yourself, including loving yourself, then you will be good to other people. Being good means being kind to others, helping where you can, supporting other people's businesses, including a friend's business, without expecting anything in return. Therefore, if an individual believes in being good to oneself and others, good things will manifest in their lives.

My belief in morality also developed due to how my parents brought me up. I believe in right and wrong, good or bad behavior, but not judging other people for their behaviors. For example, most of the time, I engage in some bad behaviors, or I am wrong for saying or doing something. Hence, most people would say that I am bad for engaging in bad behavior or saying the wrong thing. However, I believe that certain types of behaviors should be called bad or wrong, in which a person should be punished. These behaviors include rape, murder, domestic abuse, cyberbullying, among others. All bad behaviors have consequences; however, the way an individual chooses to react to the consequences, like changing for the better or worse, will determine their morality.

Certain experiences lead to cognitive biases, making decision making biased according to the information gotten. Cognitive biases might be caused by several things that affect an individual's thinking. For instance, an individual who does not believe in God's existence has gone through a specific experience or has been told by older people that there is no God in the world. They tend to believe that the universe runs everything; if they do wrong, the universe will do them wrong and vice versa. Some individuals also tend to blame outside factors or other people when things do not go their way. When this happens, it is cognitive biases that affect their thinking and decisions. Many people also assume that other individuals share their opinions and beliefs and end up judging or treating them differently if they do not share the same. Hence, sometimes cognitive biases make us end up making bad judgments and poor decisions.

I have experienced cognitive biases of two types, anchoring bias and attentional bias. My belief in God's existence affected my thinking through anchoring bias in that the first information I got about God from my family is the one that I stood with. I refused to believe anyone else when they told me their reason for not believing in God. Also, my belief in morality at some point in my life experiences made me have an anchoring bias where I believed in judging other people for their bad decisions in life since I saw myself not passing through the same things. The information I was given when growing up about morality is the one I used to judge other people. Attentional bias affected my thinking about being a good person. I paid attention to some of the activities I was doing for others so much that I ignored others that needed my attention more. Hence, most of the time, I end up learning more and more about being a good person, morality, and the existence of God. It is a learning process with many experiences that brings about many lessons.

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