



DE BONO'S SIX THINKING HATS

A Tool To Help You Decide The Right Move Forward

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 (hats) that we do all the time. Use the six hats to help you think through a particular situation

Colour of hat	Visualise	Thinking style	What is next for you	What are your thoughts and actions when wearing this hat?
Red (Emotions)	Colorfulness and warmth	“This is how I feel about it”	How would you describe your feelings about your idea?	
Yellow (Optimistic Response)	Sunshine	Positive and hopeful. “It can work because”	What are the benefits to you, your colleagues, your organisation, your friends, your family?	
Black (Discernment)	Devil’s Advocate	Cautious, conservative, practical and realistic. “It won’t work because...”	What are the least positive aspects for you? What problems and issues are there?	
Green (Creativity)	Flowers growing and flourishing	Investigative, seeing where thoughts go. Think creatively, outside the box.	What new thoughts and ideas have you had? What suggestions do you have to overcome the black hat concerns?	
White (Information)	Library full of research	Considering purely what information is available. “What are the facts?”	What new facts do you need to know?	
Blue (Managing)	Helicopter view	Look at the big picture. “What are we thinking about? What is the goal?”	What are the next steps and actions you intend to take?	



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