

How To Recognize And Overcome Your Biases

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Almost every day, there's at least one story in the news that involves racism, sexism or another kind of bigotry. But when you hear those stories, do you think, "Well, that's not me"? Turns out, even among the best-intentioned people, unconscious biases can exist.

So how can we identify these biases, and is it possible to overcome them?

"You can learn to address them — I'm not sure you unlearn them," [Patricia Devine](#) ([@DevineLab](#)), professor of psychology at the University of Wisconsin Madison, tells *Here & Now*'s Jeremy Hobson.

Part of the reason why is because biases are learned at a young age, Devine says.