

The Six Thinking Hats

Is a problem-solving and decision-making framework created by Dr. Edward de Bono in 1985. It uses a parallel thinking model where individuals or groups metaphorically wear different coloured "hats" to focus on one specific mode of thinking at a time.

This method stops arguments, prevents premature conclusions, and ensures a problem is looked at from every angle.

The Six Hats and Their Meanings

White Hat (Facts & Information): Focuses on available data, known facts, figures, and identifying information gaps.

Red Hat (Feelings & Intuition): Explores gut reactions, unprompted emotions, and personal hunches without needing to justify them.

Black Hat (Caution & Risks): Looks at potential problems, obstacles, downsides, and critical evaluations.

Yellow Hat (Optimism & Value): Emphasizes positive outcomes, feasibility, best-case scenarios, and clear benefits.

Green Hat (Creativity & Alternatives): Encourages lateral thinking, brainstorming, new concepts, and out-of-the-box solutions.

Blue Hat (Process Control): Manages the thinking process itself, sets the agenda, keeps the team focused, and summarizes conclusions.

How It Works
Parallel Thinking: Everyone in a group wears the same "hat" at the same time to explore a topic collectively rather than arguing from opposing personal viewpoints.

Structured Sequences: Sessions move through a planned order of hats (for example, starting with White Hat for facts, moving to Green Hat for ideas, Black and Yellow for evaluation, and Blue to wrap up).

Protected Space: It gives people permission to voice purely emotional (Red) or overly cautious (Black) thoughts during a designated window, so those feelings do not derail the whole meeting.

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