

Six thinking hats review essay



**ASSIGN
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SIX THINKING HATS BOOK REVIEW ? The book that I chose to review is SIX THINKING HATS by EDWARD DE BONO. The prime factor that made me read this book again and again is the basic premise that the book is based upon- problems are best solved by thinking about them in an orderly fashion and looking at the problem and the solution from different angles. “ Thinking is the ultimate human resource. Yet we can never be satisfied with our most important skill. No matter how good we become, we should always want to be better” says Edward de Bono.

In ordinary, unstructured thinking this process is unfocused, the thinker leaps from critical thinking to neutrality to optimism and so on without structure or strategy. The Six Thinking Hats process attempts to introduce parallel thinking. Many individuals are used to this and develop their own habits unconsciously. Sometimes these are effective, other times not. What is certain is that when thinking in a group these individual strategies won't tend to converge. As a result, discussion will never tend to converge.

Thinking often proceeds as drift and waffle and reaction” writes de Bono. In Six Thinking Hats the author presents a simple but effective way to become a better thinker. He separates thinking into six distinct modes, identified with six coloured “ thinking hats”:

- White – facts, figures, and objective information
- Red – emotions and feelings
- Black – logical negative thoughts
- Yellow – positive constructive thoughts
- Green – creativity and new ideas
- Blue – control of the other hats and thinking steps

“ Putting on” a hat focuses thinking; “ switching” hats redirects thinking.

With the different parts of the thinking process thus clearly defined, discussions can be better focuses and more productive. Using real-life

situations as examples, Dr de Bono creates scenarios that show how the effective use of “ thinking hats” can:

- focus thinking more clearly
- lead to more creative thinking
- improve communication and thus decision making

Using a variety of approaches within thinking and problem solving allows the issue to be addressed from a variety of angles, thus servicing the needs of all individuals concerned.

The thinking hats are useful for learners as they illustrate the need for individuals to address problems from a variety of different angles. They also aid learners as they allow the individuals to recognize any deficiencies in the way that they approach problem solving, thus allow them to rectify such issues. De Bono believed that the key to a successful use of the Six Think Hats methodology was the deliberate focusing of the discussion on a particular approach as needed during the meeting or collaboration session.

For instance, a meeting may be called to review a particular problem and to develop a solution for the problem. The Six Thinking Hats method could then be used in a sequence to first of all explore the problem and then develop a set of solutions, and to finally choose a solution through critical examination of the solution set. This ensures that groups think together in a focused manner, staying on task, it also ensures that they focus their efforts on the most important elements of any issue being discussed.

However, it also has the potential to create conflict if not well facilitated, since people can feel “ railroaded”. To avoid this it is important to notice when there is any significant difference of opinion on the thinking process or the area in which it should focus. The author made me aware of the six

distinct states in which the human brain functions. The author used six colours as metaphors for each state. Any problem we encounter, if solved using the six thinking hats approach, the problem can be solved using all approaches.

Instead of making rational decisions it allows us to use necessary emotions and creativity within decision making. It made me look at decisions from a number of important perspectives. It helped me a lot in changing my thinking style and also the way I take decisions. I also made one of my friends who was pessimistic to read this book and it helped him in developing a positive thinking and a positive approach in whatever he does.

Rating : 5/5