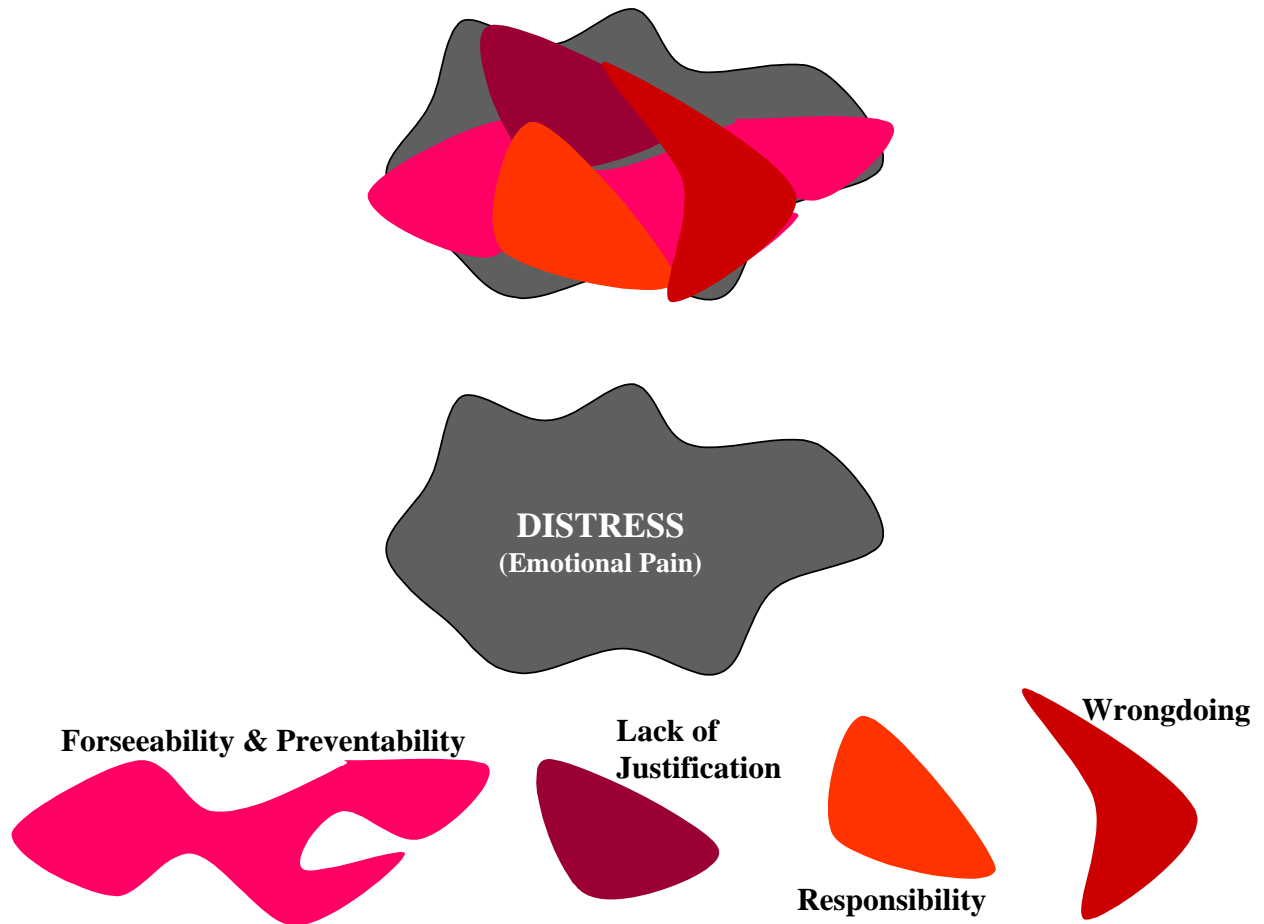


## Handout 10.2: Aspects of Guilt



### **HINDSIGHT BIAS**

Hindsight bias occurs when knowledge of an event's outcome such as who won a game, distorts or biases a person's memory of what he or she knew before the outcome was known. This type of thinking is evident in statements such as "I should have known better," "I should have done something different," "I saw it coming," "I knew what was going to happen" (before outcomes were known), and "I could have prevented it." Many trauma survivors falsely believe that the events were foreseeable – and therefore preventable.