

How My Father's Confirmation Bias Affected Me?

Confirmation bias is when a person follows only what supports their beliefs and what they already know, while neglecting or rejecting other perspectives. I believe this happens to everyone once in a while. The same thing happened in my family, and it created a lot of problems.

My father is a very active social person who organizes many community events. Sometimes, he even helps during elections. Because of this exposure, he became very interested in the forest ranger position, which is considered a respected and stable job in Nepal. He saw that rangers are paid well, so he wanted me to study forestry after high school and eventually become a ranger.

I, however, always tried to explain my passion for technology and its future. I wanted to study abroad, probably in India, and even dreamed of becoming an IIT student. Later, I set my goal on studying in the United States. But my father ignored this information completely, since he never looked into tech education or career opportunities. He believed a ranger was the “perfect” path and wasn’t ready to explore alternatives.

In the end, my maternal uncle helped me convince him. We showed my father news, information, and success stories about technology careers and education abroad. I even tried little tricks like switching the family TV to tech channels or sharing tech-related reels. Slowly, he began to open up to the idea.

Looking back, I now realize that my father’s strong attachment to the ranger career was an example of confirmation bias. He focused only on the positives of what he already knew and ignored my interests and the potential of technology. Understanding this helped me see how confirmation bias can affect decision-making in real life.