**BE AWEAR**:

Recognizing the dangers of relying solely on first impressions is key to combating biases. For instance, in my past, I hastily formed an opinion about picking friends solely based on their impressive looks and appearance. However, upon reflection and lessons learnt, I realized I had overlooked potential red flags. By acknowledging this tendency, I became more vigilant in future interactions, reminding myself to look beyond surface qualities.

**SLOW DOWN:**

Rather than making snap judgments, taking time to gather additional information can lead to more balanced assessments. In my personal life, I've learned the importance of resisting the urge to rush into relationships, friendships based on initial chemistry alone. Instead, going on multiple dates allows for a more comprehensive understanding of compatibility beyond surface attraction.

**BE SYSTEMATIC:**

Adopting a structured approach to decision-making helps counteract biases. For example, choosing friends and relationships deliberately entails setting priorities, assessing candidates based on standards, keeping an eye out for warning signs, spending time getting to know people, considering compatibility, and keeping lines of communication open. This strategy makes sure that interactions support growth and fulfillment while also being in line with personal ideals.