

The “Columbo Approach” To Thinking



Detective Columbo usually caught his murderer by finding evidence that didn’t fit with the “obvious” suspect. He LOOKED for evidence that did not “fit” and by doing so found a different way of thinking about the crime he was investigating.

Sometimes our thinking leads us to an “obvious” conclusion without properly looking for the evidence that does not “fit”.

List your negative beliefs below and then look around and think about ANY evidence that does not fit with it.

Belief	Evidence that doesn’t fit