**Six thinking hats**

Is it hard for you to make decisions? Sometimes emotions or some people’s opinion can embarrass us. In other cases we just can be confused. One way to overcome these problems is the method called the **Six thinking hats.**

Often when we make decision we can make mistakes. In almost all cases this is perception of situation, not logical mistakes. The Theory of six hats can help us to see a problem from different points of view.

**What does this method consist of?**

Imagine that we have six hats. Each of those hats has different color and means a certain type of thinking. When you put on one of six hats you should take a suitable role for yourself. When you put off the hat you shut down this type of thinking immediately.

**What does each color mean?**

1. **Blue hat**

What is our aim? When we put on this hat, we define the goal.

1. **Red hat**

Defines your feelings and emotions. When you put on a red hat, you can tell all you think about the problem.

1. **Yellow hat**

Wearing this hat you should tell about all advantages and possible benefits of the situation.

1. **Black hat**

Black hat helps you to focus on disadvantages of the situation and tell about all drawbacks.

1. **Green hat**

It helps to turn on your creativity. You can find nonstandard decision of the trouble when you wear green hat.

1. **White hat**

In this hat we have to use only facts and numerals that are urgent to make decision.

**Rules of using six hats:**

* When we put on the hat we change our according to new hat’s color
* When hat’s color changes we change the type of thinking immediately
* To switch to another hat you should denote next color

In conclusion we may say that the Theory of six hats is more effective way than ordinary thinking – especially when we dealing with difficult situations. You can look on the trouble from six different points of view.

Sure, this way implies a high psychological burden.

Nevertheless the Theory of six hats helps us significantly improve the efficiency of thinking.