

## Ladder of Inference

The Ladder of Inference is a systems tool to help illuminate unconscious steps in our thinking. Each rung is climbed in a series of steps, but it often feels like we have moved directly from data to actions. By asking explicit questions at each rung, we can uncover our biases and uncouple our undesirable habits from our desired changes in practice by linking new habits in their place.

# LADDER OF INFERENCE

