# Writing by putting on Edward De Bono's Six Thinking Hats: *Critical thinking in writing*[1]

**Kübra BODUR[2]**

## Abstract

Edward de Bono's six thinking hats is a standout amongst the most popular current ways to deal with critical thinking. Utilized by everybody from directors of multi-national companies to Khmer villagers hoping to modify, it's a method for separating issues into parallel thinking errands. What's more, it can assist you with expositions as well. The six thinking hats approach includes breaking an errand or issue into independent parts, benefitting as much as possible from various mindsets. The individual or gathering thoroughly considering the issue at that point handles it independently under each hat, uniting the outcomes toward the end. Put just, the six hats are: - white hat - posting the statistical data points - red hat - feelings and sentiments regarding the matter - dark hat - being wary, discovering reactions and issues - yellow hat - being idealistic, discovering expectation and positive open doors - green hat - inventiveness and new thoughts - blue hat - logical considering, controlling and sorting out the procedure While wearing each hat (you don't need to really wear a hat, however in the event that puts it all on the line) endeavor to think just as far as that hat. So feedback and pessimism are just permitted while doing dark hat considering, yet there is a chance to vent those reactions. All in all, this paper focuses on the six thinking hats as the main critical thinking methods regarding writing within the scope of critical thinking itself.

**Key words:** Six thinking hats, Edward de Bono, critical thinking, creative writing.

## Edward De Bono'nun altı düşünen şapkası: Yazarken eleştirel düşünme

### Özet

Edward de Bono'nun "Altı Şapkalı Düşünme" tekniği, eleştirel düşünme ile başa çıkmak için en popüler mevcut yöntemler arasında öne çıkmaktadır. Çok uluslu şirketlerin yöneticilerinden, değiştirmeyi ümit eden Khmer köylülerine kadar herkes tarafından kullanılan, sorunları paralel düşünme görevlerine ayırmanın bir yöntemidir. "Altı Şapkalı Düşünme"yaklaşımı, çeşitli zihniyetlerden olabildiğince faydalanarak bir işi veya konuyu bağımsız parçalara bölmeyi içerir. Bu noktada konuyu iyice düşünen birey veya bir araya getirme, sonuçları her bir başlık altında bağımsız olarak ele alarak sonuçları sonuna kadar birleştirir. Kısacası, altı şapka: - beyaz şapka - istatistiki veri noktalarını yayınlamak - kırmızı şapka - konuyla ilgili hisler ve duygular – siyah şapka - dikkatli olmak, tepkileri ve sorunları keşfetmek - sarı şapka - idealist olmak, beklenti ve olumlu açıklık kapılar - yeşil şapka - yaratıcılık ve yeni düşünceler - mavi şapka - prosedürü göz önünde bulundurmak, kontrol etmek ve tasnif etmek noktaları ile ilişkilendirilmektedirler. Her bir şapkayı takarken

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(gerçekten bir şapka takmanıza gerek yoktur, ancak her şeyi çizgiye koyarsanız) o şapka kadar düşünmeye gayret göstermiş olursunuz. Bu nedenle, geri bildirim ve karamsarlığa sadece siyah şapka düşünülürken izin verilir, ancak bu reaksiyonları atma şansı daima mevcuttur. Sonuç olarak, bu makale, eleştirel düşünme kapsamında bir yazıyla ilgili temel eleştirel düşünme yöntemleri olarak altı düşünme şapkasına, her birini bizzat giyerek,odaklanmaktadır.

**Anahtar kelimeler:** Altı şapkalı düşünme tekniği, Edward de Bono, eleştirel düşünme, yaratıcı yazarlık.

## Who is Edward de Bono?

Edward de Bono is a Maltese psychologist and physiologist who was born in Malta on May 19 in 1933 as Edward Charles Francis Publius de Bono.

He was also one of the 27 ambassadors for the European Year of Creativity and Innovation in 2009. Additionally, still holds the Da Vinci Professor of Thinking Chair at University of Advancing Technology in Tempe, Arizona in the United States of America.

He taught his thinking methods to government agencies, corporate clients, organizations and individuals privately or publicly in group sessions.

He also started to set up the World Centre for New Thinking and Peace Studies which he describes as a "kind of intellectual Red Cross". Following that he made a futuristic documentary film "2040: Possibilities" written, produced and directed by himself in 1995.

An American novelist and short story writer Scott Hutchins states about the movie "Edward De Bono's hand sketches out words and simple pictures on a scrolling sheet of white paper. It seems we have been put in a cryogenic freeze in 1988, and have been brought out after discovering a cure for whatever terminal disease each of us might have had. This creates problems with those of us who have children, because they will be older than us. Television, government, the workplace, marriages and relationships, and punishments are all detailed in an attempt to inculcate the audience into the society we have been resurrected into. The video was shot in one morning before noon and transferred to film, where it received theatrical showing, highly touting its mickeymousing score by a _Star Trek: The Next Generation (1987)_ composer" in 1996.

## *"Six Thinking hats" theory*

Bono introduced his system design first in 1988. He described this theory as a tool for group discussion and individual thinking involving six coloured hats namely white, yellow, green, red, blue and black.

The associated idea parallel thinking provides a means for groups to plan thinking processes in a detailed and cohesive way. Also, in doing so, the thinking together goes and grows more effectively and significantly.

Since the hats do not represent the natural models of thinking, each hat must be used for a limited time only. Otherwise, using the hats might be unnatural, uncomfortable or even counterproductive and against their further and better judgement and questioning.

It is also quite clear that the hats are used as basic metaphors for each direction. Switching to a direction is symbolized by the act of putting on a coloured hat, either literally or metaphorically. These hats are both the problems about and the solutions of an idea the thinker may come up with.

The four main intentions of putting on the hats are the collaboration, attention, convenience and variety, according to Bono who indicates "Collaboration is the key word for Six Thinking Hats Method", in 1988.

In order to support his own statement, he quotes "The hats allow us to think and to say things us that otherwise neither we could think nor say without risking the ego" and he adds "We disguised of clowns us it authorizes to act like such", in 1989. In this regard, the hats make thinker to simplify the thought, allow that the thinker treats a thing later of another one instead of being at the same time made position of the emotions. Therefore, all six hats can face each other separately and individually.

### Thinking hats #1, "White"

It is basically known as the objective one and the symbol of a white paper. The white hat is about data and information. It is used to record information that is currently available and to identify the further information that might be needed. It questions the information and even the question "What information is available?" It includes the formulas, numerical facts, role learns and proofs. It is completely neutral and objective by being the absent of a colour.

The white hat is also a "selector" which says: "Only the facts, please, without the arguments". It is an advisable way to request that numbers and the facts are exposed objectively and neutrally.

It usually asks the questions "Is it a fact or a probability?", "A fact or a belief?", "How true is it a fact?", "Is there a truth absolute or a procedural and knowledge based fact?" and etc. Mainly, for the white hat, there are no interpretations and opinions. It is basically like an imitation of a computer. It must frame and need the questions in order to obtain and save the information or to complete emptiness of the existing information. In that way, it exists in a double system of information first of which has the verified and proven facts and the second draws that one thinks that they are true but not verified yet. All in all, it belongs to discipline and direction.

### Thinking hats #2, "Red"

The red hat is all about the emotions, feelings, impressions, presentimientos, instinctive gut reactions and statements of sensual feelings. It is an opposed thing to objective neutral information. Thus, there is no need for justification and giving reasons or foundations.

The initial symbols of red hat are fire and warmth as it can be deducted from the common sense of colour red. It also allows people to put forward feelings without justification or prejudice. It simply states the sensual feelings and instinctive gut reactions the reason why it is the place of the emotions in a thought.

The red hat asks the questions of:

*"Do the emotions confuse the thoughts or are they the parts of this one?"*

*"At what moment do the emotions take part?"*

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*"Can emotional people be good thinkers? If yes, how valuable can they be?"*

Then, it reacts and alters itself from moment to moment since emotions are like the positions to negotiate. They resist the temptation to justify the emotions which can be harmonized with the language called the language of the emotions. They can also be defines as the effects of past experiences on self-perception and future success which might choose the right attitude to the context and the topic.

In sum, the red hat legitimizes the emotions and the feelings like one leaves important from thought. Therefore, it makes the feelings visible so that they can become partly of map and also of the system of values that chooses the route in the map. In that way, it allows the thinker to explore the feelings of others and to gain different points of views and perspectives.

### Thinking hats #3, "Black"

The black hat is the symbol of a stern judge and relates to caution. It is mainly used for critical judgement. Yet, it is sometimes easy to overuse the black hat in various cases. In this regard, it is accepted as the devil's advocate for holding the negative judgement.

It can also consider the weakness, difficulties and managing since it asks the questions of:

*"How about use a calculator all the time?"*

*"What problems are there used in written algorithms mentally?"*

*"What is the subject?"*

*"What are we really thinking about?"*

*"What is the goal?"*

THe black hat can actually look at pictures both logically and negatively. It does not fit in our knowledge and experience from time to time due its analysis, substance, method, errors of thought, guidelines for tests and possible conclusions.

Additionally, because of its focus on curiosity and explanation it also puts the emphasis on the questions below:

*"What are the risks?"*

*"How does this fit with the guidelines of my last experience?"*

*"Is it much easier to be negative? If not, which one comes first, positive or negative? As security or fear?"*

All in all, the black hat can be born in negative questions and project an idea in the future verifying what if it could fail or go badly. It also confronts an idea with the past stops to verify if it fits with already known and indicates the errors in the process of thought and in the same method. Besides, it is an objective attempt to put in the map with the negative elements.

### Thinking hats #4, "Green"

The green hat is the basic representative of vegetation and rich growth. It is the hat for creative thinking and generating new ideas. Thus, it is the thinking hat of thinker's.

It includes creativity, statements of provocation & investigation, seeing where a thought goes, thinking out of the box, fertility, plants appearing of the seeds, movement, flexibility, brainstorming and options.

The green hat asks such open questions as:

*"How many ways or new possibilities are there?"*

*"If the calculator's + button did not work, what else could we use?"*

*"If X is the answer, what might the question be?"*

*"What happens to the ideas?"*

*"What happens soon?"*

*"What are the ideas of the conformation and the adaptation?"*

*"What does define the manager of concepts?"*

In this regard, the green hat summarizes the thought lateral and its relation with the creativity, humour and lateral thought and the change of guidelines in an information system that is organized to itself. It is mainly the movement instead of judgement the one uses an idea like a crossing site asks "Where does this idea take me?" to put the effect of perspective of one. Due above, its key words are defined as necessity to cause, the logic of absurd, provocation to change and alternatives. It concerns to be satisfied with too much facility for instance routes, options and elections of personality & ability.

In a brief, the green hat is all about the new ideas, new concepts and new perceptions. It is the creation and deliberation of new ideas and more and more alternatives. By being the symbol of the fertility, the growth and the value of seeds, it also reflects the language of the movements replaces to the one of judgements. Therefore, the thinker of the green hat tries to advance from an idea to reach another new one.

### Thinking Hats #5, "Blue"

The blue hat is the symbol of the sky and an overview. It is all about process and control. It is used for thinking about thinking. In this way, the blue hat asks for summaries, conclusions and decisions.

It basically represent meta-cognitive and understanding. As the reflection of a reflective journal, the blue hat asks the questions of:

What did you learn?

*"How can we check if 6 x7 equals to 42?"*

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*"How can we measure?"*

*"Does the answer make sense?"*

Furthermore, it does concern moderation & control and managing by asking the questions of:

*"What is the subject?"*

*"What are we thinking about?"*

*"What is the goal?"*

By all means, the blue hat aims to define problem and centre the problem. It determines tasks of the thought, formulates the suitable questions and designs of programmes step by step in certain choreography. It is sort of the software of thought.

It combines the elements called synthesis & conclusions, observation & global Vision and harvest & information in one common ground in the process of thinking. It is the control and pursuit, in a way.

*"It is the choreography which designs the steps but also the critic whom it observes what it occurs. The thinker of blue hat does not drive a vehicle in the way, but he observes the conductor- also it pays attention to the route that is following.The thinker of blue hat is like the conductor. It is the one who proposes or calls to use of the other hats"* quotes Bono about the features of the blue hat.

All in all, the thinker of blue hat defines the subject toward which the thought must go, in that way it established the centre and it defines the problems and elaborates the questions. The thought of blue hat determines the thought tasks that they are going away to develop. Therefore, it gives instructions in order to think since it is the organization of the thought and control on the other hats.

### Thinking hats #6, "Yellow"

The yellow hat is the symbol of sunshine and energy. It is for positive things and looks for benefits in a solution. This hat encourages a positive view even in people who are always satirical and critical. In terms of positive aspects and good points for using the computation method, it gets benefits of using this strategy as it illustrates the light of the sun, brightness, optimism and luminosity.

Moreover, it contains the logic applied to identifying benefits, seeks the harmony and sees the brighter and sunny side of situations. In its positive point of view, it is the reasonable endorsement and the concentration in the benefit- just like the colours of the rays of the sun.

"Being positive is an option. We can choose to watch the things of positive way. We can choose to concentrate to us in the positive aspects of a situation. We can look for the benefits." quotes Bono about the positivism of the yellow hat.

It does draw the difference between:

Constructive & creative

New ideas & old ideas

Effectiveness & change

Proposals & suggestions

*"Imagine that 8 critical thinking brilliants feel around a table stops to think means to improve the water provision of the city. None of these shining minds can begin to work until somebody present a proposal. Then all the brightness of that can only be triggered critical thought. But from where it leaves the proposal? Who has trained in order to present or display proposals?"* asks Bono in order to put an emphasis on the functionality of the yellow hat.

In conclusion, the thinker of a yellow hat becomes constructive and generative. It also can be speculative and seeking of opportunities which allow the visions and dreams. It does not take care of the mere positive euphoria unlike the thinker of a red hat. Thus, it does take care of the positive evaluation of the same one way that the thought of black hat takes care of the negative evaluation. It investigates and explores in search of value and benefit and includes a positive phantom that goes from logical aspects until the dreams, visions and hopes.

### How to determine the colour in which you think?

With the five basic questions about the thinker's attitude and approach to thinking and its hatability, presents thinker the answer of which colour of hat has s/he been wearing without even noticing for the lifetime. The questions are given below:

| | |
|---|---|
| 1. | When you have a group project to tackle, you: |
| a. | Start brainstorming, and come up with all of these awesome ideas. |
| b. | Look more towards all of the good things that could happen in the end. |
| c. | Look more towards all of the bad things that could happen in the end. |
| d. | Immediately take charge and become the "boss". |
| e. | Make sure that everyone in the group is ok with the decisions being made. |
| | |
| 2. | What do you feel like doing first when there is a problem to solve? |
| a. | Writing down all of the obvious information on a piece of paper. |
| b. | Ask negative questions like "What if we lose all of the money in the process?" |
| c. | Start coming up with solutions right away. |
| d. | Look more at the benefits you'll get. |
| e. | Get organized, and write out a plan on how to fix this. |
| | |
| 3. | Which best describes you? |

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| | |
|---|---|
| a. | The one who get easily frustrated when things are out of place. |
| b. | The one who enjoys being innovative and creative. |
| c. | The one who gets attached to others easily. |
| d. | The one who is really a simple, easy to understand individual. |
| e. | The one who is always in a good mood, and likes to motivate others. |
| | |
| 4. | Are you a: |
| a. | Optimistic thinker. |
| b. | Critical thinker. |
| | |
| 5. | When you get stressed out, you: |
| a. | I never get stressed out. |
| b. | I tend to over-react. |
| c. | I look on the bright side. |
| d. | I think negative thoughts. |
| e. | I cry in my bedroom. |

Additionally, as a real life reference, the Education Coordinator of British Culture Exclusive, Emir Aydin who has solved the test and resulted as the green hat, the main representative of creativity. Thereupon, he states that he agrees with his result and uses Bono's theory intensively in his teaching method. As one of the strongest supporters of the TBL, Task Based Learning, in English Language Teaching, he indicates that putting on the green hat gives the opportunity and freedom to be a complete architect of the language. "By being the originator and inventor, the green hat reminds the thinker that sky is the limit", he adds. In this regard, he is determined as the proven definition of the green hat named "the manager of concepts" in terms of creativity.

### *"Six thinking hats" Theory in practice of writing*

In case the six thinking hats are used in real life as in practice, they are the deliberate focuses of a discussion on something particular approach as needed during the meeting or a collaboration session.

They might be used in a sequence to first explore the problem, then develop a set of solutions and finally choose a solution through a critical examination of the solutions set.

For instance, a meeting starting with everyone assuming the blue hat to discuss how the meeting will be conducted and to develop the goals and the objectives, could be a milestone, then moving to the red hat thinking to collect opinions and reactions to the problem, after moving to the green hat to generate ideas

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and possible solutions. It is followed by the white hat as the part of the developing information. As the final step, the black hat comes into the meeting to develop a criticism of the solutions set.

As the consequence of a six thinking hats method used meeting like this, thinkers can avoid the "spaghetti thinking" where one person is thinking about the benefits while another considers the facts and so on. It all becomes as a natural tendency and thinkers can consider and all look at the same direction together. At first, there can be various problems, benefits or the facts reducing distractions and supporting across pollination of a thought. Yet, this is likely to be achieved because of the fact that everyone puts on one hat together.

For being a real life reference, the researchers of Speedo, an Australian manufacturer and distributor of swimwear and swim-related accessories based in Nottingham in the United Kingdom, are said to have tried the method in the creation of swimsuits. Particularly through the brainstorming they had, they eventually wore the green hat for creative ways to attack a problem and the black hat to look the feasibility of those ideas one by one.

In the light of above, lastly, Michael Pohl, the author of Teaching Thinking Skills in the Primary Years: A Whole School Approach, says "A sequence for making choices ought to be with the yellow, black and red hat. Yet, a design sequence of the blue, green and red hat for children exploring and inventing" about the function and efficiency of the six thinking hats might be a remarkable practice. And additionally "Edward de Bono's 'Six Thinking Hats' are simply as graphic organisers" states Anne Paterson who is the writer of the renowned article titled "Edward de Bono's Six Thinking Hats and Numeracy to put an emphasis on the practicability of the method.

*Centre* – Adhere to your fundamental subject, or proposal. Ensure your point is bolstered by all parts of the paper. Your proposition ought to be sufficiently expansive to clarify in detail, yet sufficiently restricted to truly focus on your primary core interest.

*Improvement* – Bolster each claim you make with prove. Utilize cases from individual experience, subtle elements, certainties, insights, reasons, and different contentions further bolstering your good fortune. Don't simply say something is valid, indicate why or how it is valid.

*Association* – Compose your thoughts into passages. Utilize advances and watchwords deliberately. Focus on the request the passages are in, they ought to be consistent and bolster the primary subject.

*Accuracy* – As a syntax police, this is clearly my most loved part! Show redress sentence language structure, accentuation, sentence solidarity, assention, punctuation, and spelling. Take control over sentence structure and sentence shape. I adore perusing and re-perusing my work (and other individuals' work) to ensure it's all perfectly.

*Research and References* – Know how to discover outside data to help your contentions. Google, books, magazines, accounts, and so on are for the most part great assets, yet additionally make a point to discover solid sources that you can trust. Refer to outside research accurately, and give credit where another author's words or thoughts are utilized.

By outlining the framework, Edward de Bono depicts these hats as apparatuses for aggregate dialog, singular reasoning, and critical thinking, yet I think these tips are particularly useful in composing.

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Here they are:

**The white hat: Data, insights and actualities**

Is your exposition going to convey an incentive to the peruse?

The White Hat can be separated into 5 segments, data we have, data we'd jump at the chance to have, data we require, data that is missing, and hotspots for getting missing data.

| |
|---|
| Data We Have – We can discover data by investigating what we definitely known. Every reality can be inspected for its importance. |
| Data We'd Get a kick out of the chance to Have – Incorporate everything that rings a bell. Choosing whether there is an approach to get data or how earnestly it is required later. Now and then there are methods for getting data that at first appear to be unthinkable. |
| Data We Need – Organize what you require over what you might want to have. What's the base data you need before we can push ahead |
| Data That is Missing – Pinpointing precisely what data is absent. |
| Hotspots for Getting Missing Data – Rundown wellsprings of data and plan how to get data. Never gripe that the data is absent. Go out and get it. |

**The yellow hat: Shine, good faith and esteem**

What stories is your paper going to have?

See the incentive in different thoughts, at that point glance around to perceive how the esteem can be delighted in. Who will receive the rewards? How are the advantages going to be delighted in? Bolster the advantages that are guaranteed. Have reasons why something has esteem or may work.

Any thought is just a single method for completing an idea. Remember there might be better ways. Keep the idea alive for later correction.

**The Black hat: Judgment… (consider why something may not work)**

Recognize the challenges and risks; where things may turn out badly. This is a standout amongst the most ground-breaking and valuable of the Hats, yet make a point not to abuse it.

What thoughts may not work?

At whatever point you get a thought, ensure the thought fits the conditions. Call attention to things that don't fit the certainties, controls, technique, your experience, or your qualities. Likewise attract consideration regarding any deficiencies in your thoughts. When you see them, you can consider approaches to beat them. At that point, we can either plan approaches to maintain a strategic distance from the issues or be set up to address the issues on the off chance that they do come up.

**The red hat: Emotions and instincts**

Is it expressive/genuine?

The Red Hat means sentiments, hunches and instinct. When utilizing this hat you can express feelings and sentiments and offer apprehensions, likes, aversions, adores, and loathes.

Red Hat Believing is exceptionally profitable in light of the fact that it clarifies that instinct, sentiments, and feelings will be communicated thusly. On the off chance that sentiments are available, it is useful to recognize what these emotions are.

Emotions and instinct can't be looked at, so it is imprudent to use without anyone else for basic leadership. In any case, instinct, hunches, sentiments, and feelings have a high incentive as "fixings" in the reasoning that paves the way to a choice.

Red Hat Thinking incorporates a wide assortment of conceivable sentiments. On the constructive/adverse scale, individuals may report everything from despising a plan to being fiercely energetic. More unobtrusive emotions are additionally included: feeling inquisitive or somewhat intrigued, being questionable, discovering something exhausting, and so on.

### The green hat: Innovativeness

What would you be able to include that will intrigue the peruse?

Innovativeness involves putting time in producing thoughts. You won't get a superb thought each time you utilize Green Hat Considering, yet in the event that you don't advance any exertion, you may not get any new thoughts whatsoever.

The least complex type of imaginative exertion is to search for options. Regardless of whether these are outstanding, it's an innovative push to review and show them. The base inventive exertion amid Green Hat Believing is to consider options.

Spotlights on innovativeness; the potential outcomes, options, and new thoughts. It's a chance to express new ideas and new observations.

### The blue hat: Apprehension

What is the subject and objective? What stays and goes?

Here we're alluding to making an arrangement for utilizing the hats and additionally for how and when we will deal with some other action amid the gathering.

It is a piece of Blue Hat Thinking to state conclusions and achieve concurrence on your update of the expressed conclusions. Note new thoughts and methodologies that have been considered, and survey the rundown.

These "hats" are exceptionally useful with regards to composing, since you can see all parts of your bit of work. I am certain that it will help you whenever you have to compose an enticing paper. These tips have helped me in composing, and I find that as you make inquiries, you can discover the appropriate responses inside yourself. Composing, for me, is a mode to convey what needs be, and I empty my spirit into my work. Ideally, you can figure out how to be energetic about it, too.

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