

## THE BACKFIRE EFFECT

When songwriters receive criticism that challenges their artistic choices, they might defensively double down on those choices instead of considering the feedback impartially.

## SUNK COST FALLACY

The tendency for songwriters to keep working on a song that isn't coming together, simply because they've already invested significant time and effort into it, rather than starting fresh with a new idea.

## AVAILABILITY HEURISTIC

Songwriters might overuse recent or emotionally impactful experiences in their lyrics, potentially neglecting a wider range of life experiences that could enrich their songwriting.

## ANCHORING BIAS

Songwriters may get fixated on the first melody or chord progression that comes to mind, even if it's not the best fit for the song, rather than exploring diverse musical options (AKA "Demoitis").

## DUNNING-KRUGER EFFECT

Novice songwriters might overestimate their abilities, leading to premature satisfaction with their work or reluctance to seek necessary improvement and feedback.

