MINDTHEORY

Understanding Negativity Bias

Why Your Brain Expects the Worst

Same Brain. Different World.

Built for survival, now we need balance.

Always looking for threats...

...but also capable of seeing the good.

A safer yesterday, a brighter tomorrow.

AWARENESS

BALANCE

KINDER THINKING

A BRIGHTER YOU

Calmer Mind

Brighter You

Progress over Perfection

1 Why It Happens

Your brain is designed for survival, not happiness.



Survival vs. Happiness

Our ancestors who noticed danger survived. So our brains evolved to prioritise threats over positive events.



Amygdala Activation

The amygdala acts like a smoke alarm, quickly spotting potential threats and making negative information more salient and memorable.



"Bad is Stronger than Good"

Research by Roy Baumeister shows that negative experiences have a greater psychological impact than positive ones.

2 How to Balance It (HEAL Method)

You can't remove negativity bias, but you can balance it.

H 

Have Awareness

Notice when your brain is catastrophising or focusing on the negative.

Catch the thought.

E 

Enrich with Positivity

Intentionally add more positive experiences, however small.

Look for the good.

A 

Absorb the Good

Slow down and let positive moments sink in. Be present and savour them.

Make it stick.

L 

Link new Patterns

Consistently practise to rewire your brain towards a more balanced perspective.

Stronger with practice.

3 Common Situations Where It Shows Up

Your brain's threat radar can make everyday challenges feel bigger than they are.

It's not reality, it's your brain being protective.



Overthinking small problems



Worrying about unanswered messages



Fearing social judgement



Focusing on mistakes



Expecting things to go wrong



Struggling to feel good about success

4 Daily Action Checklist

Small steps, big shift. Try these simple habits to balance your brain.

☑ Fact-Check Your Thoughts



- What's the real evidence?
- Am I assuming the worst?
- What's a more balanced view?

BE CURIOUS, NOT CONVINCED.

☑ Aim for a 3-to-1 Positivity Ratio



- Notice 3 good things daily
- Acknowledge small wins
- Appreciate people around you

TRAIN YOUR BRAIN TO SEE MORE GOOD.

☑ Try a 20-Second Good Holding Ritual



- Pause and savour a positive moment
- Notice how it feels in your body
- Let it sink in for at least 20 seconds

FEEL IT. ABSORB IT. MAKE IT LAST.