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**Peer Group Chat**

**Date**: 15/12/2022

**Title**: Breaking Down Biases

**Description**:  Have you ever noticed a tendency to notice negative things more than positive? Or the other way around? This is known as having a negative or a positive bias. Let’s come together to explore what a bias might mean for us and look like in our lives, as well as how we might be able to challenge or combat it, or alternatively harness it to benefit us!

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| **Amber22 (PSW)** | **Welcome @Little\_Leopard ! We will be getting started soon :)** |
| **Amber22 (PSW)** | **Hi everyone. First, we’d like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight.  Welcome everyone to today’s Peer Group Chat talking about Breaking Down Biases.** |
| Little\_Leopard | @Amber22 (PSW) 👍 |
| **Amber22 (PSW)** | **Tonight, Peer Support Workers @Amber22 and @TideIsTurning will be facilitating a discussion around the topic of Breaking Down Biases. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, it is important that we are aware of how biases might impact our everyday lives, and how we can harness them to benefit us!    We’ll be moving through a number of discussion questions tonight, and it’s entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about biases in our everyday thinking. @Basil is working behind the scenes to ensure our safety. If you’re having any technical difficulties, please see our FAQ (**[**https://www.sane.org/peer-support/peer-group-chat/chat-faqs**](https://www.sane.org/peer-support/peer-group-chat/chat-faqs)**) or message @Basil.   We're looking forward to creating a space where we can reflect and learn more together about Breaking Down Biases.** |
| TideisTurning (PSW) | Hi @Little\_Leopard :) Great to have you with us! |
| **Amber22 (PSW)** | **Welcome @Wellwellwellnez !** |
| Basil (Moderator) | Hey everyone :1f60a: |
| TideisTurning (PSW) | Hi @Wellwellwellnez |
| Wellwellwellnez | Hi all. Hey can someone remind how to tag people? |
| **Amber22 (PSW)** | **Use the @ symbol and then start to type their username :) @Wellwellwellnez** |
| **Amber22 (PSW)** | **Welcome Mandy!** |
| **Amber22 (PSW)** | **Within this group tonight we’ll be talking about:  What negative and positive biases are   How these biases could show up in our lives   How to challenge these biases to better benefit us** |
| Wellwellwellnez | @Amber22 (PSW) I see. It's just like the other chat but you need to start it off it a bit more. Nice. Ty. |
| Little\_Leopard | Thanks @TideisTurning (PSW) |
| **Amber22 (PSW)** | **Hey there @Captain24 ! :)** |
| Little\_Leopard | Hello everyone |
| Captain24 | Hi |
| **Amber22 (PSW)** | **We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join**😊 |
| TideisTurning (PSW) | Hi Everyone :) |
| **Amber22 (PSW)** | **Hey @the magician welcome back! :)** |
| the magician | hi people |
| TideisTurning (PSW) | Welcome @Captain24, @Mandy & @the magician :) |
| **Amber22 (PSW)** | **Welcome everyone! Feel free to introduce yourselves. I’m @Amber22!** |
| **Amber22 (PSW)** | **Welcome WriterMelb :)** |
| **Amber22 (PSW)** | **Alrighty, let's get started with our first question for tonights discussion! :)** |
| **Amber22 (PSW)** | **Q1: What do you think that a negativity bias is? How might negativity bias impact you?** |
| Wellwellwellnez | I already know how this is going to go. I have strong opinions about bias. Unshakeable. You'll never change them. Never never never never never. |
| Wellwellwellnez | ...never never never never never. |
| **Amber22 (PSW)** | **Can't wait to hear them! @Wellwellwellnez :)** |
| the magician | To make assumptions that everything in life will be negative based on poor experience? |
| Wellwellwellnez | oh. that was sweet. You've won me over. |
| **Amber22 (PSW)** | **Hey there @RandoRuda :)** |
| Captain24 | I think that you see the negative side first. |
| TideisTurning (PSW) | Hello @RandoRuda :) |
| **Amber22 (PSW)** | **I agree, I think it's when you focus more on the negative side of things** |
| **Amber22 (PSW)** | **Hey! @Shaz51 and @Jacques , so glad you could make it!** |
| TideisTurning (PSW) | Welcome @Shaz51 & @Jacques! Great to see you both :) |
| Jacques | oh wow, it is busy here tonight hello overyone!!!! |
| Shaz51 | Hello @Amber22 (PSW) , @TideisTurning (PSW) xx |
| **Amber22 (PSW)** | **Hello! @Hope0011 :)** |
| Captain24 | Hi @Shaz51 |
| Wellwellwellnez | Perhaps negativity is more the fear of tigers, rather than the fear of spending too much time looking for tigers in every clump of grass. Maybe. Sort of. It's the first thing I thought of. |
| Hope0011 | Hi everyone. I think a negativity bias is when we see the negative thing in a situation or people and it overrides our ability to see the positive |
| Shaz51 | Hello @Little\_Leopard |
| Jacques | umm negative bias would be judging someone based on race, sex, religion. or have i got it wrong |
| the magician | hey is the number of people in community 97 all guests tonight or is it a list of existing participants? |
| Shaz51 | Hey @Basil (Moderator) |
| TideisTurning (PSW) | Hi @Hope0011 . Great used :) |
| RandoRuda | Hello there. |
| Basil (Moderator) | Hi @Shaz51 :1f60a: :1f60a: |
| Little\_Leopard | Hey @Shaz51 !!😊😊 |
| Basil (Moderator) | hey the magician :1f60a:  the 97 community members will be the amount of people that have signed up to these chats before! |
| Wellwellwellnez | I feel one way or another that "negative anticipation(s)" is what negative bias is, under the hood. |
| Hope0011 | I think I heard somewhere that us humans naturally flow towards a negativity bias for protection...... |
| Jacques | i think it is just a list of people registered @the magician |
| the magician | ta@Basil (Moderator) |
| **Amber22 (PSW)** | **Ohh that would make a lot of sense! @Hope0011** |
| the magician | thats interesting a protective mechanism against getting hurt? |
| Wellwellwellnez | Well to use the tiger analogy @Hope0011 , it only takes one tiger to ruin your plans for the day. |
| Jacques | oh im wrong about what negativity bias is, i just looked it up, i often say people are either glass half full or hlaf empty, for me the glass is totally empty, i do gravitate to negative information |
| Hope0011 | Especially in the early days when there were big beasts to content with. As we know we still have that prehistoric part of our brains. Exactly @Wellwellwellnez |
| **Amber22 (PSW)** | **I guess sometimes preparing for the worst and thinking in a negativity bias could make you feel a lot of relief if it went the other way (in a more positive way)?** |
| Little\_Leopard | I cheated and googled it lol. |
| RandoRuda | Feeling like I have been impacted by my negativity bias quite a bit; I've only recently heard about the what some call rejection sensitivity dysphoria and it has been interesting to see be able to understand it somewhat. No Feedback? It's because it was bad. Positive feedback? They're being nice out of pity (at best). Negative feed back? I knew it, it's terrible. |
| Wellwellwellnez | Not a bad lesson about negativity bias @Little\_Leopard . One good remedy is leaning on reliable support. |
| Shaz51 | I needed too @Jacques , @Little\_Leopard |
| Jacques | negativity has helped me through life as i have always thought the worst and 9 times out of ten it ends up being worst case scenario for me life is about survival i can't afford to be happy or have fun. |
| RandoRuda | @Little\_Leopard You say cheated, I say you utilised the tools available to you. |
| TideisTurning (PSW) | I feel like that's relatable @RandoRuda :) |
| **Amber22 (PSW)** | **Hey there @Appleblossom !** |
| Hope0011 | @RandoRuda I've never heard of rejection sensitivity dysphoria, it sounds like an interesting thing to learn about. |
| Shaz51 | Very true @RandoRuda |
| Jacques | hi @Appleblossom my virtual mum :) |
| Little\_Leopard | @the magician  would definitely be seen as a protective mechanism if you are coming from an attachment and shame point of view. if you are coming from Anna attachment and shame point of view.  Probably depends of what view your coming from. |
| the magician | i used to have negativity bias about friends that that didn't just understand mental illness they were befriending me out of pity. |
| **Amber22 (PSW)** | **Moving onto our next question now!** |
| **Amber22 (PSW)** | **Q2: What do you think that a positivity bias is (\*hint it may be thought of as the opposite of a negativity bias)? How might positivity bias impact you?** |
| TideisTurning (PSW) | Hi @appleblossom :) |
| Jacques | positive bias always worries me, when anything good happens in my life something bad happens. so over time i have become frightened of being positive. |
| Little\_Leopard | Dry true @Wellwellwellnez . Positive support is a game changer. |
| RandoRuda | Maybe it's my own negativity bias talkin', but I feel like when I interact with those that I would consider with a positivity bias, the main thoughts going through my head is that the person is deluded and unable to accept reality. |
| Wellwellwellnez | That's very close to how I'd define my condition @RandoRuda (I identify as someone with an "avoidant personality"). Almost a different word for the same thing. |
| TideisTurning (PSW) | That makes sense @Jacques, and it's totally undertsandable, though I'm sorry that's been such a common experience and expectation for you :( |
| Shaz51 | Very true @Jacques and with my husband everything happens in 3sss @Amber22 (PSW) , @TideisTurning (PSW) , @Basil (Moderator) |
| Little\_Leopard | Thanks @RandoRuda  hehe |
| Hope0011 | Being positive and trusting is scary. I have been hurt so many times because I give people the benefit of the doubt. But trusting nobody doesn't work for me either and I too will tend to avoid the world unless I am a bit positive. Learning about the red flags on how to trust people is a lesson I am still learning. |
| **Amber22 (PSW)** | **Welcome Eve7!** |
| **Amber22 (PSW)** | **That makes a lot of sense, I also have trouble trusting @Hope0011 You're not alone with that!** |
| Captain24 | I totally understand @RandoRuda  it’s like you are describing me |
| Shaz51 | Hugs @Hope0011 , |
| RandoRuda | To (partially) quote Robin William's character in Fern Gully: "Only fools are positive." |
| TideisTurning (PSW) | It is scary to trust. It's vulnerable too, and takes a lot of courage |
| Wellwellwellnez | Well because of my sensitivity to negativity bias I tend to dance either in front of or around people a lot to try and either impress them or get their sympathy (or both sometimes somehow). Even when it works it tends to not be what I wanted in the first place. I'm trying to change that by being more straight forward. Still dancing but dancing to communicate. |
| the magician | each birthday i go through with different groups of friends im disappointed. now i negatively  don't celebrate it with other than immediate family and do something for myself instead. |
| Little\_Leopard | Is positivity bias the same as toxic positivity?. I dont like toxic positivity. It gives me the creeps |
| Hope0011 | Too true @TideisTurning (PSW) maybe trust with a big dose of ... ohhhh I can't think of the word.. carefulness... That's not it but I hope you know what I mean |
| Hope0011 | @the magician Birthdays can suck. I have deliberately left the phone off the hook, in the old days when you could do that, so I wouldn't know if anyone called and I wouldn't be disappointed if nobody did. |
| TideisTurning (PSW) | I hear you @Hope0011. You want to be careful & protect yourself.. That's especially understandable when they may have been experiences through which we've learnt trusting may be dangerous |
| Hope0011 | @Little\_Leopard what's toxic positvity? |
| **Amber22 (PSW)** | **We've just had another Peer Group Chat on toxic positivity. You can have a read of it here afterwards if you would like:**[**https://www.sane.org/images/peer-support/17.11.22\_Navigating\_Toxic\_Positivity.pdf**](https://www.sane.org/images/peer-support/17.11.22_Navigating_Toxic_Positivity.pdf) **:) @Hope0011** |
| RandoRuda | @Little\_Leopard I feel like it's a bit different to toxic positivity. Toxic positivity feels like an attempt to invalidate /dismiss any negative thing people may experience. |
| Shaz51 | @TideisTurning (PSW) , I usually let the phone rings and check later if they had left a message |
| Wellwellwellnez | I think toxic positivity and positivity bias are kind of two different things. I think. |
| the magician | you learn to take the good with the bad and some days are better than others so you grow wiser hopefully |
| TideisTurning (PSW) | Yes @Wellwellwellnez. Very similar and easily confused though I feel! |
| **Amber22 (PSW)** | **Q3: How might negativity bias, and/or positivity bias show up in your life?** |
| the magician | in  intimate relationships! |
| Little\_Leopard | @Hope0011  toxic positivity is when you say something is good and fine when it is not. So if you’re having a bad day, you will continue to tell yourself I am having a good day in the hopes that if you tell yourself that then your day will become good. you can do it to yourself. But sometimes others can do it to you too. |
| Wellwellwellnez | I just looked it up. They're certainly related. You could define toxic positivity as excessive positive bias, if you wanted to. |
| Little\_Leopard | Thanks @RandoRuda |
| TideisTurning (PSW) | That's a really interesting point @Little\_Leopard. I hadn't thought of toxic positivity as something you could do to yourself! |
| Jacques | i guess my bias is a lot down to experiance (Abuse, trust issues, and life events) and partly down to my mental health issues with depression and anxiety |
| Little\_Leopard | @Hope0011 , @RandoRuda  explained it nicely |
| Hope0011 | I have had a tendency to put pople on a pedestal - whether its friends, partners, my kids , colleages. I assume this is positive bias to an extreme because nobody can stand on that pedestal forever and then I feel like they have let me down.  When I didn't really manage my expectations well. |
| Wellwellwellnez | Too many pedestals. Not enough foundations. That's what comes to mind. |
| Hope0011 | @Little\_Leopard so when we do it to ourselves we are really denying our true feelings |
| Wellwellwellnez | whoah @Hope0011 we went after pedestals at the same time. So in sync. Down with them. |
| the magician | that past failures even harsh experiences especially in the workplace will define your future experiences |
| Little\_Leopard | @TideisTurning (PSW), I see people do it to themselves all of the time with the law of attraction stuff.  The same thing really |
| TideisTurning (PSW) | Lightbulb @Hope0011 @Little\_Leopard! :) |
| Hope0011 | snap @Wellwellwellnez |
| Shaz51 | Lightbulb here too @TideisTurning (PSW) |
| Captain24 | It’s a daily occurrence. Especially with work and any communication with people. At the moment I always take the negative. |
| Hope0011 | Talking about law of attraction @Little\_Leopard I am learning about schemas and it is such a great base to understand that. I wish I had known about schemas before I married my now (ex) 2nd husband!!!!! |
| TideisTurning (PSW) | I feel like that's where biases can come from @Jacques. Expectations based on experiences |
| Little\_Leopard | @Hope0011  yes, denying our own feelings. And if you do it to others, you are denying their feelings as well. It’s very invalidating and really just makes things worse. |
| Wellwellwellnez | It's funny. A few sessions ago we were talking about how we're not the same person as our past or future selves. Only the present and stuff. Thing is, as much as I struggle with expectation, I also love it. Being present and expectant at once is definitely a key feature of the life simulation we're in.. |
| RandoRuda | As I try to think about how these biases might show up, my thoughts turn to my lived experiences. My biases towards the positive or negative are not absolute; there are aspects of my life where I lean towards the positive rather than the negative. |
| the magician | less likely to be disappointed without assumptions or expectations but that makes it hard to meet certain needs |
| Hope0011 | @Wellwellwellnez I think we can be present and expectant without the attachment to the expectation. |
| TideisTurning (PSW) | I feel like that's a common & natural tendency @Captain24, especially when we've had the negative thing happen. It can kind of reinforce expectations for more negatives. Same with positives :) |
| **Amber22 (PSW)** | **Q4: How might a positive bias have a negative impact? Or how could negativity bias show up in a positive way?** |
| Little\_Leopard | Wow @Hope0011 . My psychologist has been telling me about Schemas and now you have bought it up. I think I’ll have to look into it myself |
| Wellwellwellnez | Well put @Hope0011 . Good algorithm. |
| RandoRuda | @Wellwellwellnez Every time I see your name, the same joke plays through my mind. "Well, well, well... if it isn't three holes in the ground." |
| TideisTurning (PSW) | That is great it's not absolute, but changeable and different for different things @RandoRuda :) |
| Hope0011 | @Little\_Leopard My psychologist told me about them in one of our first sessions 2 years ago. It has only been in the last few months that it has clicked and is complementing DBT really well.  I have no idea why I couldn't compute the whole schema thing, I think it was a bit overwhelming but it is an awesome thing to learn more about ourselves. |
| the magician | they'-re a good idea i might see how my psychologist can use them with relationships/partnerships- thanks |
| Hope0011 | Q4 is doing my head in - I can't quite wrap my mind around it!!!! |
| RandoRuda | Aside / Digression: Scheme therapy seems very interesting, but finding a new psychologist, let alone one with an expertise in that, is quite the daunting task due to the massive  shortages. |
| Wellwellwellnez | I hadn't heard that one before @RandoRuda . |
| Jacques | Q4 goes to my life motto, no ambitions,  no disappointment, if anything does go right i take it as a bonus. but i don't expect it. |
| Little\_Leopard | @Hope0011  you were just not ready to process it at the time. Other things needed to happen first Isn’t it wonderful when it all clicks! |
| the magician | you fall flat because you only believe the best or are elated for something to finally go right. |
| Hope0011 | I agree @RandoRuda it is such an important and ground up approach I wonder why it isn't taught to all undergrads. |
| Captain24 | I feel as though looking at the positive leaves you at risk of hurt. The negative you have no expectations so if it turns out positive the that is good. |
| RandoRuda | Q4A: Blindness towards pitfalls? Q4B: Protection / Self-preservation. |
| Hope0011 | @Little\_Leopard I hit rock bottom a few months ago and it clicked. I thought I had hit the rocks before but now I know last time was it because I came out of it with some clarity . Amidst all the guilt and shame - but hey, I am leaning towards a positivity bias here. |
| Wellwellwellnez | On negative bias. Greta Thurnberg has a great answer for this. Negative bias and climate change kind of go hand in hand these days seeing how it's already heating up. She was asked if she was an optimist. The perfect person to ask. She said something like, you don't actually need to be an optimist to take action. |
| **Amber22 (PSW)** | **Oh wow very interesting! @Wellwellwellnez** |
| Wellwellwellnez | So Greta |
| TideisTurning (PSW) | Great point @Wellwellwellnez. Negativity bias could be positive by bringing a sense of realism, such as with climate change |
| RandoRuda | Sometimes my negative bias wraps around to the positive: I \_KNOW\_ taking action towards a certain thing isn't going to help the situation... but how can I trust myself? That guy is a dumbass. Better do it because he's wrong all the time. |
| **Amber22 (PSW)** | **Q5: Do you have any ideas how you might be able to become more aware of when negativity and positivity bias may show up in your life?** |
| Hope0011 | I am learning to be more discerning rather than judemental |
| the magician | when it affects your personal outlook and mood in life |
| RandoRuda | Q5: Nope! Best I've been able to manage is the adage about letting go of expectations from Mindfulness. Once I notice that I'm expecting a certain result, I actively try to combat it, be it positive or negative. |
| Captain24 | My life is constantly in a negative bias. |
| TideisTurning (PSW) | For me, reflecting on things helps me notice quicker if there’s a similar occurrence in future. Along with this, I think being open. Another thing that helps me is feedback, because I might not always realise, and it can be super valuable to have another trusted person to highlight it for me! |
| Wellwellwellnez | Hmm. Nail on the head @RandoRuda. Recovery is all about autonomy. And autonomy means risk management. Risk management is one of the most autonomous things you can do. The "driver's seat", so to speak. |
| Jacques | Q5 maybe keep a diary or make sure i reflect each day on the days events, i read a book a few years ago by norman Doidge called the brain that changes itself he speaks in there about rewiring the brain to be more positive, if negative events can shape a brain, you can unlearn it. |
| RandoRuda | N.b. I'm still quite terrible at noticing when I have those expectations. Work In Progress, as they say. |
| TideisTurning (PSW) | Love these ideas @Jacques! |
| Hope0011 | @TideisTurning (PSW) Feedback is valubale as long as that person is also not hooking into the bias and your expectations. Knowing they are going to be honest is super important. |
| the magician | gratitude journaling definitely. sharing insights with others. reflecting on past patterns. |
| TideisTurning (PSW) | Yes, good point @Hope0011. I should clarify- objective feedback from a trusted person is probably the most useful kind! :) |
| Wellwellwellnez | I expect to struggle with expectations. No getting around it. It's part of the cost of being ...  whimsical. |
| Wellwellwellnez | ....and it's a good deal. |
| Hope0011 | Yeah @TideisTurning (PSW) I was just thinking about my kids and their partners. They all support each other against me because I have the diagnosed mental health issues and they use that as an excuse for their behaviours and support this thinking. |
| Jacques | yes @TideisTurning (PSW) neuro plasticity is a real interesting theory and if they can find a way to make it work it will change how mental health is treated and managed. |
| TideisTurning (PSW) | I'm so sorry to hear that @Hope0011. That's not something you, or anyone, deserves :( |
| Hope0011 | @Wellwellwellnez I love the word whimsical - I haven't seen that written for ages. Being whimsical is lovely !!! |
| Hope0011 | Thanks @TideisTurning (PSW) its a tough lesson in learning that I can't change others |
| **Amber22 (PSW)** | **Q6: How might you be able to challenge negativity or positivity bias when it shows up in an unhelpful way?** |
| RandoRuda | Yeah, it's a real mother trucker when you realise you need to let go of certain people. |
| Hope0011 | I think going back to being mindful |
| RandoRuda | Q6: DBT skill of Opposite Action? |
| Hope0011 | Yes @RandoRuda absolutely |
| the magician | figure out which parts are within or out of your control and structure how to be honest with your response |
| Wellwellwellnez | I'm rebelling against the SMART system (Specific, measurable, achievable, realistic, Timely. Too judgemental. Not enough focus on pursuing conditions of success. I've never liked it. Now I know frameworks that run rings around it. SMART is dumb. (Sorry to any SMART system enthusiasts) |
| Hope0011 | @Wellwellwellnez I think it is on RNs Working Life with Lisa Leong, they challenge the SMART concept saying it isn't all it's cracked up to be. |
| RandoRuda | I feel like SMART has only stuck around because of people's love of apronyms. |
| TideisTurning (PSW) | Oooh. I'm curious @wellwellwellnez- Is there a system you'd prefer using? |
| the magician | sometimes it works for people other times a different elaborate approach is needed - whatever works. |
| Captain24 | I really don’t know. All I have is the negative bias and I need to challenge it and fast. |
| Hope0011 | SMART never works for me - it is as if I come in with a bias already to set myself up for failure |
| Wellwellwellnez | I just find distinguishing between specific and measurable vexatious and time-wasting. To me they're the same thing. So smart is either wasting my time or talking down to me. |
| the magician | you can use CBT to challenge how you think about different actions and behaviours if you notice some common ones you can run a list through it |
| **Amber22 (PSW)** | **Welcome Creative\_Writer! :)** |
| RandoRuda | Sometimes these things are made by neurotypical people without accounting for any other disruptions or stressors. It's maddening when people push these "100% successful" things on people ignoring all the variables involved. |
| TideisTurning (PSW) | Totally valid @Captain24. I feel like you're naming it, which to me counts as awareness.  Awareness is step one! |
| Hope0011 | One of my maladaptive schemas is Failure - now that's gotta be a negative bias! |
| Wellwellwellnez | also achievable AND realistic? What are you trying to say SMART?  Who's side are you on? Just let me try things and see what happens like person. |
| TideisTurning (PSW) | Hi @Creative\_writer :) Welcome! |
| Little\_Leopard | @Hope. So true. And what you said about rock bottom reminded me of this quote from a monk “ The greater the doubt, the greater the awakening. The smaller the doubt, the smaller the awakening. No doubt no, awakening.” |
| RandoRuda | Query: How long is this event? It's my first time here. I'm an old man that still has to get ready for tomorrow and ready for bed tonight. |
| Wellwellwellnez | I might look that up @Hope0011 . I'll probably love it. |
| Hope0011 | @Little\_Leopard I love that quote! |
| **Amber22 (PSW)** | **It goes until 8:30pm @RandoRuda :)** |
| TideisTurning (PSW) | We'll be around until approx 8:30PM @RandoRuda :) We'll have a transcript of the chat available a litle while after so you can read back if you need :) |
| **Amber22 (PSW)** | **Q7: How might you be able to harness a negativity or positivity bias when it may be beneficial in your life?** |
| RandoRuda | Choice as. |
| Wellwellwellnez | Whoah @Little\_Leopard . Whoah. Great monk saying. |
| RandoRuda | Q7: My immediate thoughts go to recalling the times I have used SPITE to fuel me. Likely not a healthy response. |
| the magician | make taking action a routine? have a happy things list. having a list of growth challenges in any area. do something positive and create momentum with it. |
| the magician | being mindful rest on the hour for five minutes of surroundings of life' |
| TideisTurning (PSW) | Brilliant ideas @the magician. I really like the sound of trying to create momentum! |
| Little\_Leopard | @Wellwellwellnez  & @Hope0011  it’s a good one for sure. Sing so true for many of us. |
| Wellwellwellnez | When I do something physically risky, I play out all of the possibilities in my mind. All the possibilities and all the ways to optimize outcomes by responding to these possibilities. Not optimism. Optimisation. |
| the magician | go out of your comfort zone |
| Hope0011 | @Wellwellwellnez Would that be harnessing your negativity bias then? |
| Shaz51 | Hello again xx |
| Wellwellwellnez | Easy @Hope0011 . When bad things come, I'm already ready. It's the real answer to why firefighters wear suspenders. |
| Wellwellwellnez | .......because even if they're belt fails they've still got a backup. |
| TideisTurning (PSW) | @the magician. Reminds me of a song- Surprise Yourself :) |
| Little\_Leopard | This topic is epic. I am really excited by the insight I am gleaning from the replies. Learning much. Things that would never usually occur to me. |
| the magician | its good to have plan B's. |
| Wellwellwellnez | Like, In many sports, the first thing you learn is how to fall. |
| **Amber22 (PSW)** | **Yay so glad!! @Little\_Leopard** |
| Hope0011 | I am really confused now, @Wellwellwellnez Is planning ahead for potential risks and being responsible a bias towards positive or negative?  Or is it neither and I am just thinking out of context? |
| Shaz51 | Yaa @Little\_Leopard  xx |
| **Amber22 (PSW)** | **Have you learned anything helpful from others’ experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?** |
| RandoRuda | Maybe both or neither, @Hope0011 ? |
| the magician | Hassles aren't worth putting energy into. |
| Wellwellwellnez | You're right @Hope0011 . It's both. It needs to be. Sometimes to do something for the first time, you need to do it a hundred times in your head and then in the moment, be ready for anything. |
| Hope0011 | This is only my 2nd forum and I really enjoy learning from everyone and hearing different perspectives, I share your joy @Little\_Leopard  This topic has once again reminded me of the importance of mindfulness and discernment. |
| the magician | that's a good way of preparing against social panic@Wellwellwellnez |
| RandoRuda | Reality of life is that it's never quite as simple as binary scale. That would be just too damn easy then... (To lean into the negativity bias for the sake of humour...) |
| Wellwellwellnez | I think it depends on the hassle @the magician . I've been doing a bunch of deciding which hassles are getting in my way and which hassles are just hassles. |
| **Amber22 (PSW)** | **Tonight’s topic may have brought up some heavy feelings as we talked about different biases (possibly in a more negative light). Would some self-care be helpful for you after we finish? If so, what might you do?** 😊 |
| the magician | you either value/need them or not |
| Little\_Leopard | @Hope0011  me to! |
| Shaz51 | Cuppa time here @Amber22 (PSW) , @Hope0011 , @Little\_Leopard , @Wellwellwellnez , @Basil (Moderator) , @TideisTurning (PSW) , @RandoRuda |
| RandoRuda | @Amber22 (PSW) Watch the He-Man rendition of the 4 non blondes hit, be amused and then listen to the chef at the end when he says that it is time for cake. |
| Basil (Moderator) | Take care @Shaz51 :1f60a: |
| **Amber22 (PSW)** | **Loving having some cuppas with you recently! @Shaz51** |
| TideisTurning (PSW) | Which one's that @RandoRuda? The say hey one? |
| the magician | sleep i'm done in today. early mornings. |
| RandoRuda | @TideisTurning (PSW) Sounds like you know WHAT'S GOIN' ON. |
| Shaz51 | Anytime @Amber22 (PSW) , @Basil (Moderator) |
| Hope0011 | @the magician sleep well. Thanks for the chat |
| the magician | thankyou |
| Wellwellwellnez | I feel quite self-cared by doing this. Thanks all. |
| **Amber22 (PSW)** | **Here are some further resources we recommend having a look at:  1 What is Negativity Bias:** [**https://www.verywellmind.com/negative-bias-4589618**](https://www.verywellmind.com/negative-bias-4589618)**2 On positivity bias (also known as the Polyanna principle)-** [**https://positivepsychology.com/pollyanna-principle/**](https://positivepsychology.com/pollyanna-principle/)**3  On the Power of Positivity, and the Necessity of Negativity:** [**https://www.youtube.com/watch?v=IdiLc1U18UA**](https://www.youtube.com/watch?v=IdiLc1U18UA) **(\*Content Warning- incudes some discussion of suicide & suicide bereavement toward the beginning)** |
| Hope0011 | I am heading off as well. @Shaz51 it was great to meet you today in the cuppa room. That's what I will do not - go make myself a nice cuppa. Thanks everyone! |
| **Amber22 (PSW)** | **Thank you for joining, and we hope you enjoyed the discussion** 😊 **If you’d like to be informed when our next Peer Group Chat will be taking place, you can sign up to our mailing list here https://**[**www.sane.org/peer-support/peer-group-chat**](http://www.sane.org/peer-support/peer-group-chat)**. You can also ask questions for us to discuss in future peer chats!** |
| the magician | what's the cuppa room? |
| **Amber22 (PSW)** | **Thank you for joining us everyone! :)** |
| Shaz51 | See you tomorrow @Hope0011 and tag me xxx |
| **Amber22 (PSW)** | **We have a thread on the forums for having cuppa's @the magician Feel free to join us on there :)** |
| Hope0011 | I popped into today @the magician for the first time. It felt weird like I was interrupting a conversation but it was actually really lovely. |
| Shaz51 | @the magician , the thread is share a cupa , I will tag you xx |
| **Amber22 (PSW)** | **Everyone is always welcome! @Hope0011** |
| **Amber22 (PSW)** | **Thanks everyone, have a good night! Enjoy the cuppas!** |
| the magician | nite :1f634: |
| Shaz51 | Nite @the magician |
| TideisTurning (PSW) | Thanks everyone for being here, your contributions & perspectives and sharing this space with us! Take good care of yourselves & hope to see you next time! :) |
| RandoRuda | Toodle Pips. |