

# Survey on Negativity Bias

## Your Summary:

### Emotional Response

Score: 14

Interpretation: You are moderately negative in certain situations. Review your scores for each response and identify how important a negative bias is in these situations. If there is a need to move, how can this be achieved? Is it a mindset shift? If so, the best way to move from being negative is to keep a journal or record of situations when you could have been negative and ask yourself, what could have been done differently. This helps rewire the brain. It will take time to transition from this state to a more positive state. Patience is important. Keep maintaining the journal to assess if you are actually becoming more positive in those situations where you would like change.

### Attention & Focus

Score: 15

Interpretation: You are in the zone where you could lose focus especially during critical moments. This is because the mind wanders to the worst outcomes that may materialize in certain, especially situations. The way to deal with this is to reflect on any previous similar type situations and recall what was the outcome and how it was handled. Mostly it is previous experiences that drive how we respond in any given situation. Those who score in this range and in the next one, have a very active amygdala. This in itself is a good thing as the amygdala is there to protect us. However our previous experiences tend to shape our response and this score tends to suggest that previous experiences have been negative. If there is a desire to change, the first step is to recognize the causes of this score and, over a period of time, try to navigate away from the negative experiences.

### Memory

Score: 19

Interpretation: You are in that range where you are especially tough on yourself. This can affect your emotions and your mood. Negative feedback affects you very strongly and you find it difficult to move on from such feedback. The consequences are that you become very cautious and may not be bold when you need to be bold.

## **Decision-Making**

Score: 14

Interpretation: Your decision making is affected by a certain amount of negativity bias. The extent to which it affects rational decision making depends on your responses to certain key questions: If you avoid risks because you fear negative outcomes, you will likely struggle in a leadership role. Leaders have to take calculated risks from time to time. If you avoid these situations, your team may lose confidence in you.

## **Self-Perception & Social Interaction**

Score: 10

Interpretation:

To be the best version of yourself, you should not have a negative opinion of yourself, or believe that others have a negative opinion of you. This is especially so if you lead teams.

The lower the score in this category, the less this is an issue for you. A score range of 5 to 9 is what an individual should typically achieve (5 being preferable). If you score higher than this range, you should go back and look at each question.

**“I assume others are judging me negatively”.**

Why do you think that? Has someone specifically said this to you? If so, what was the context. If something went wrong previously, has this been addressed? If not, why not. If you have addressed it, then let it go.

**“I feel more comfortable discussing problems than successes”.**

There are individuals who tend to focus on problems rather than what is going well. Don't be that person. If you are, spend time on reflection. We can rewire the brain. Make a list of past successes. Look at this list on a regular basis. In any job, there will

be failures and successes. Read about great inventors. You will see how often they failed. But they never gave up. Become that person.

**“I often compare myself unfavorably to others”.**

This may happen especially if your social group includes individuals that are high performers and you measure yourself against them. But remember this — if they had a negative opinion of you, you will not be in their social group. You are most likely measuring yourself more harshly than they are. Focus on your strengths and work on areas where you feel you need to.

**“I feel guilty even when things aren’t my fault”.**

If you really feel this, then commit to help anyone who is homeless, deprived of basic necessities or is alone. There are many individuals who are really suffering and in need. When I lived in London, I used to see both men and women sleeping in the streets, even in winter. I did not feel it was my fault but if I could, I would offer them a small love offering. That was the best I could do.

**“I struggle to accept praise or compliments”.**

There are various techniques that can be practiced to deal with situations such as these. These are called Compassion Focussed Therapy (CFT) or Acceptance and Commitment Therapy (ACT). In my view however, individuals who struggle with praise most likely never received praise when he/she was growing up.

Probably, the individual was brought up in an environment where perhaps there was insufficient love and/or constant fault finding. This statement is very general and not meant to offend but it is in one’s growing up years that our behaviour and mind is shaped. Once again, you must let go of this.

The best thing you can do for yourself is not make the same mistake that others may have made. Love, kindness, compassion and praise do not come from the heart. They

come from the brain. Rewire the brain.

## Question-wise Responses:

### Emotional Response

Question	Response (Value)	Selected Option
I often feel anxious after reading or watching the news.	3	Neutral
A single criticism can ruin my mood for the day.	3	Neutral
I replay negative experiences in my mind frequently.	3	Neutral
I find it hard to let go of past mistakes.	3	Neutral
I tend to dwell on negative comments more than positive ones.	2	Disagree

### Attention & Focus

Question	Response (Value)	Selected Option
I notice flaws and problems more quickly than strengths or successes.	4	Agree
I tend to focus on what could go wrong in a situation.	4	Agree
I'm more alert when I feel threatened or stressed.	2	Disagree
I often expect the worst in unfamiliar situations.	2	Disagree
I find myself scanning for danger or negativity in social settings.	3	Neutral

### Memory

Question	Response (Value)	Selected Option
Positive feedback is harder for me to believe or remember.	4	Agree
I can list more regrets than proud moments.	3	Neutral
I often forget compliments but remember insults.	4	Agree
I can easily recall times I was hurt or disappointed.	4	Agree

Question	Response (Value)	Selected Option
I remember negative events more vividly than positive ones.	4	Agree

## Decision-Making

Question	Response (Value)	Selected Option
I avoid risks because I fear negative outcomes.	2	Disagree
I overthink decisions to prevent making mistakes.	3	Neutral
I often imagine worst-case scenarios before making a choice.	3	Neutral
I hesitate to try new things due to fear of failure.	3	Neutral
I need reassurance before making decisions.	3	Neutral

## Self-Perception & Social Interaction

Question	Response (Value)	Selected Option
I assume others are judging me negatively.	2	Disagree
I feel more comfortable discussing problems than successes.	2	Disagree
I often compare myself unfavorably to others.	2	Disagree
I feel guilty even when things aren't my fault.	2	Disagree
I struggle to accept praise or compliments.	2	Disagree