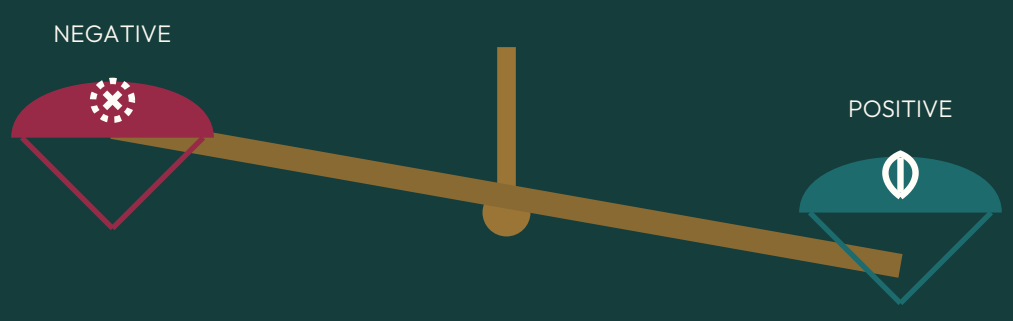
SOLA

A SOFT LANDING SPACE

NEURODIVERGENT EDUCATION & COMMUNITY

THE NEGATIVITY BIAS

Why your brain focuses on the negative — and how awareness can help you choose differently.



Our brains give more weight to danger and threat than to safety and good news. That imbalance kept our ancestors alive — but today it can leave us anxious, overwhelmed, and stuck.



1. SCAN

Constantly scans for what could go wrong.

2. PRIORITIZE

Gives more weight to negative information.

3. REMEMBER

Negative moments stick more than neutral ones.

4. REPEAT

Shapes your thoughts, choices, and self-view.

THE BOTTOM LINE

Your brain isn't trying to ruin your life. It's trying to protect you. But protection isn't always connection, peace, or truth.

WHAT IT LOOKS LIKE IN EVERYDAY LIFE

Overthinking Texts
They didn't reply right away, so you assume they're mad.

Minimizing Positives
You get a compliment but brush it off.

Focusing on What's Wrong
A good day, but you fixate on one thing left undone.

Expecting the Worst
Your mind jumps to everything that could go wrong.

Holding On to Hurt
One old comment outweighs years of kindness.

Comparing Yourself
You see everyone's success, not their struggle.

Seeing Problems First
You notice what's wrong before what's good.

Self-Criticism Loop
"I always mess up" instead of "I can learn."

HOW TO SHIFT THE FILTER

NOTICE IT
Name the negative jump.

PAUSE & CHECK
Ask if it's 100% true.

FIND EVIDENCE
Look for what's going right.

PRACTICE GRATITUDE
Notice good things on purpose.

REINFORCE WINS
Celebrate wins, big and small.

Where your focus goes, your life grows.

FACTS BEFORE STORIES.
See clearly.

AWARENESS CREATES CHOICE.
Choice creates change.

YOU ARE NOT ALONE.
We do this together.

AWARENESS CHANGES EVERYTHING.

WE DO THIS TOGETHER.
Every step matters.

LIFE CHANGES. WE CHANGE. THE CYCLE BEGINS AGAIN.