# 12@12 – Balancing Bias

## Slide 1

## Our Negativity Bias

## Bad things can have up to four times more impact on us than good things

## Noticed more

## Felt more strongly

## Last longer

## Fast track into our memory banks

## Slide 2

Negative Bias

## Slide 3

## “The mind is like

## Velcro for negative experiences

## and Teflon for positive ones.”

## Rick Hanson

## Slide 4

## Balance with Gratitude Practice

## Slide 5

## What do you

## do to practice gratitude?

## You Your team

## Your family

## Slide 6

## After: You may want to create a Gratitude Practice habit

## Behaviour: I think of things that I am grateful for

Celebrate: Usually I laugh at my traffic light antics

## Slide 7

## Want to find out more?

Roy Baumeister

[Bad Is Stronger Than Good](https://www.researchgate.net/publication/46608952_Bad_Is_Stronger_than_Good)

Robert Emmons

[Cultivating Gratitude](https://www.youtube.com/watch?v=8964envYh58)