



The Power of Bad

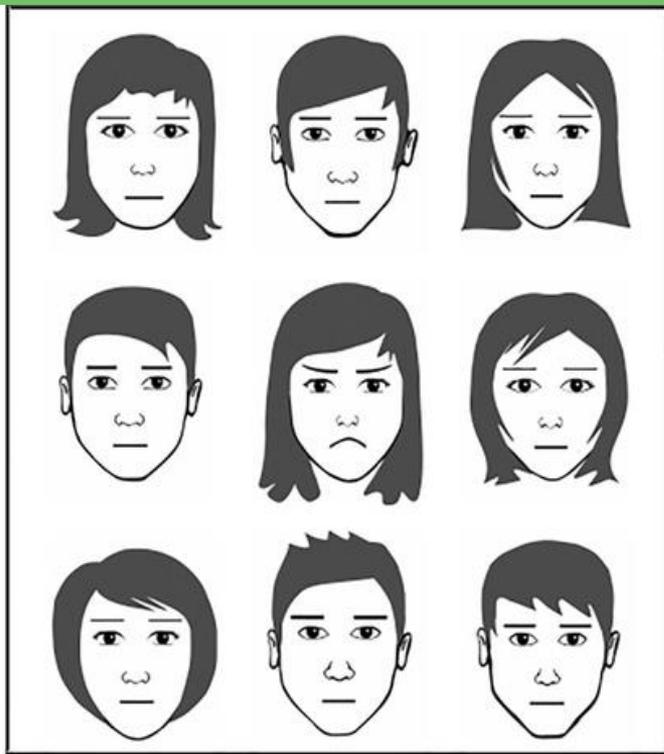
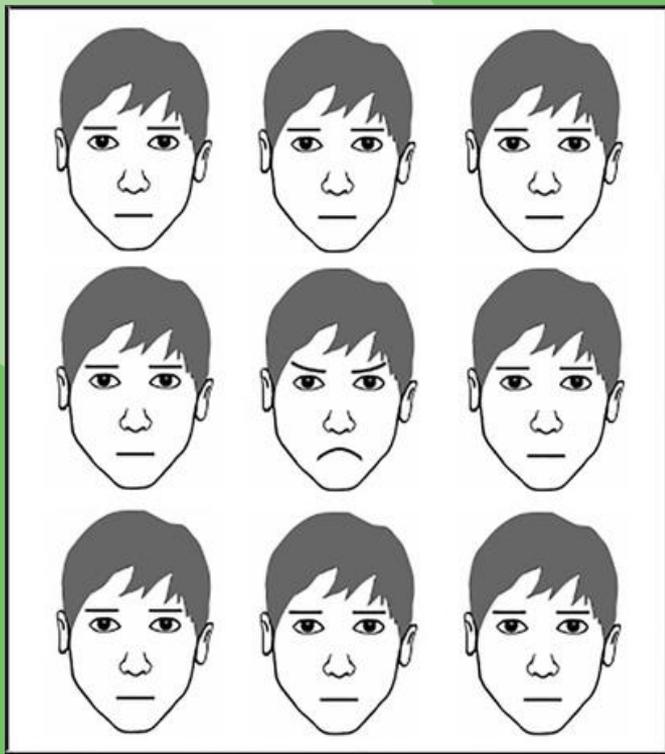
how to overcome fear with faith

Glynn Harrison

Power of Bad

- Humans have a powerful in-built negativity bias

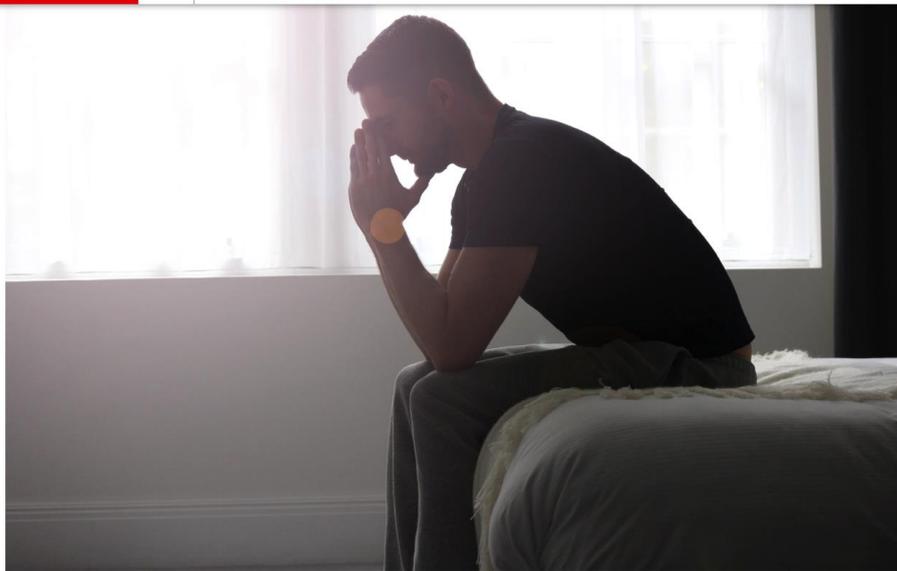






Power of Bad

- Humans have a powerful in-built negativity bias
- A negativity bias helps keep you safe and increases your chances of survival



EXCLUSIVE

News > Health News

BREAKING POINT Brits could come out of Covid and enter into mental health pandemic, expert warns

Power of Bad

- Humans have a powerful in-built negativity bias
- A negativity bias helps keep you safe and increases your chances of survival
- The power of bad always comes at a price

BAD NEWS

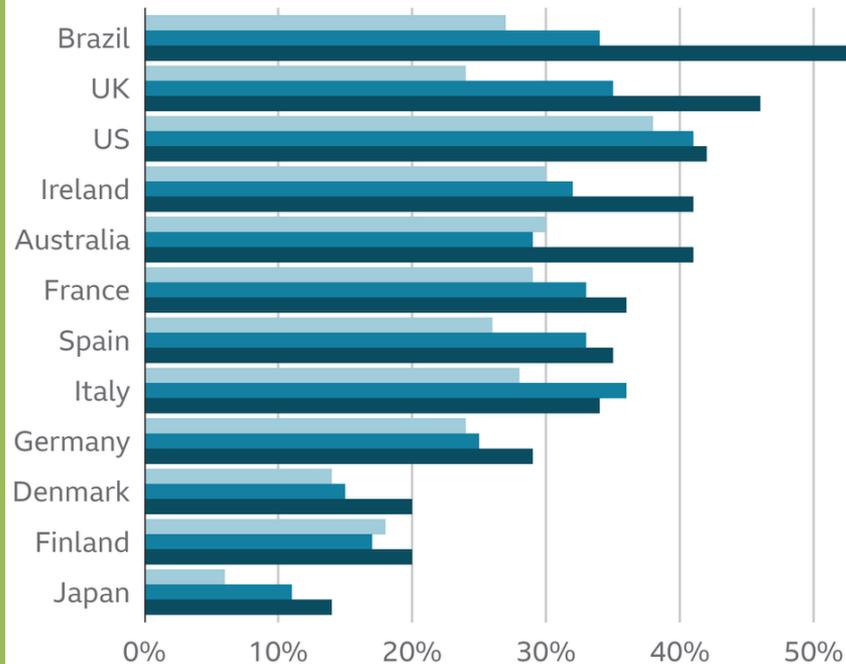
SELECTIVE ATTENTION



More people want to limit news consumption

% of people surveyed who say they actively avoid the news

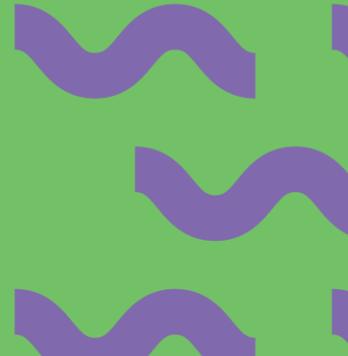
2017 2019 2022



Source: Reuters Digital News Report 2022

BBC

- The 4 golden rules:
 - the Rule of 4
 - the Rule of counting your blessings
 - the Rule of Glad
 - The Rule of Awe



- Finally, brothers and sister whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is Admirable – if anything is excellent or praise worthy, think about such things. (Phil 4:8)

