

MAGNIFYING

When one small event gets enlarged until it fills the whole frame.

IN PLAIN ENGLISH

One clumsy moment becomes the whole evening.

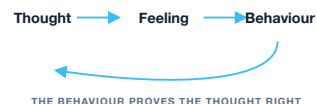
The camera in your head zooms in and will not pull back.

Everyone else forgot it that night. You are still hosting it.

THE CLINICAL NAME

Magnification

A scaling error. Attention acts like a lens, and whatever it settles on grows in apparent size and importance. The moment is not reassessed, only re-watched — and each replay adds weight to something that was, at the time, minor and largely unnoticed by anyone else.



HOW IT RUNS *You mispronounced a word during a work presentation*

	THE VERDICT	THE NEXT STEP
THOUGHT	"Everyone noticed. That is what they will remember."	"One stumble in twenty minutes of decent content."
FEELING	Hot-faced at 2am, replaying the clip.	A wince, then it passes.
BEHAVIOUR	Avoid the next presentation. Over-rehearse everything.	Note one improvement. Volunteer again.

THREE TOOLS

- 1 Zoom out.** Will this matter in a month? If not, it was small the whole time.
- 2 Weigh the whole.** Name three parts of that event that went fine. They count too.
- 3 Stop the replay.** Rumination is not review. Review once, on paper, then close it.

A MUSLIM LENS

One error in recitation in front of others, and it grows until you stop volunteering to lead.

Perspective in ṣalāh — Standing before Allah shrinks the audience you were performing for.

Sujūd as-sahw — The dīn builds in a correction for slips. Slipping was always expected.

Then step up again — Volunteer once more this month. Avoidance is what makes it grow.

Allah is not magnifying it. Only your attention is.

THIS WEEK Catch one replay. Ask whether you would still be thinking about it if a friend had done it.

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