

OVERGENERALISATION

When one instance gets turned into always, everyone, or never.

IN PLAIN ENGLISH

One event becomes a pattern. The pattern becomes a rule.

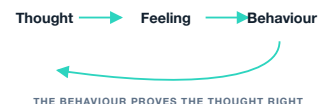
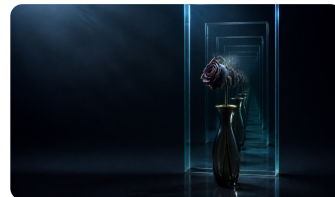
The rule then decides what you try next.

One bad date is data. It is not a forecast for the rest of your life.

THE CLINICAL NAME

Overgeneralisation

A sample of one, treated as a law. It is efficient — learning from a single burn is usually adaptive — but applied to social and personal outcomes it hardens quickly. The words always and never are the audible edge of it, and they close down options long before the evidence justifies it.



HOW IT RUNS *A first date that went nowhere*

THE VERDICT

THE NEXT STEP

THOUGHT

"This always happens. I will be on my own forever."

"That one did not work. It was one evening."

FEELING

Hopeless, and oddly certain about the future.

Disappointed. Still in the game.

BEHAVIOUR

Delete the apps. Tell friends you are done with it.

Take a week off. Then say yes to one more.

THREE TOOLS

- Hunt the exception.** One counter-example breaks an "always". Find it deliberately.
- Count the actual sample.** How many times, really? Usually fewer than it feels.
- Date the claim.** "This month has been rough" is true. "Forever" is not.

A MUSLIM LENS

One hard year and you conclude that du'ā' is not answered for you — a rule built from a season.

With hardship, ease — The promise is paired and repeated. It describes a pattern, not a one-off.

Recall the answered ones — Keep a list. Overgeneralisation survives on a short memory.

Then ask again — Persistence in du'ā' is itself the act being asked of you.

A season is not a sentence, and one refusal is not a verdict on the door.

THIS WEEK Catch one "always" or "never". Find a single exception and write it next to it.

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