

DISCOUNTING THE POSITIVE

When the things that went right get struck from the record.

IN PLAIN ENGLISH

Ten things went well. One did not.

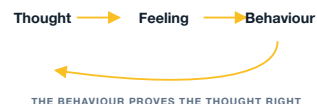
Guess which one follows you into the shower.

It is not that you did not notice. It is that you overruled it.

THE CLINICAL NAME

Discounting the positive

Not merely overlooking the good, but actively disqualifying it — it does not count, it was luck, they were being kind. This is more corrosive than a negative filter, because the evidence is examined and then thrown out. Self-esteem cannot build when every deposit is voided on arrival.



HOW IT RUNS A performance review with nine positives and one development point

	THE VERDICT	THE NEXT STEP
THOUGHT	"The praise is padding. The criticism is the real message."	"Nine things are working. One thing needs attention."
FEELING	Deflated. Convinced you are barely holding on.	Steady, with something specific to improve.
BEHAVIOUR	Fixate on the one line. Mention it for weeks.	Action the one point. Let the nine stand.

THREE TOOLS

- 1 Let one thing count.** Tonight, name one thing that went well and do not add a "but".
- 2 Ban the disqualifiers.** Luck, easy, they were being nice — retire all three for a week.
- 3 Write it down.** Memory will not keep the good. Paper will.

A MUSLIM LENS

Counting only what is missing, while the ni'am you are standing in go unremarked.

Shukr increases — Gratitude is described as the thing that grows what you have.

Name three after ṣalāh — Specific ones. Health, a person, a provision — not "everything".

Then say it to someone — Spoken gratitude is harder to disqualify than silent gratitude.

Overlooking a blessing does not make you humble. It makes you inaccurate.

THIS WEEK Each night, one line: something that went well today. No qualifiers allowed.

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