

FILTERING

When a whole day gets remembered through its single worst moment.

IN PLAIN ENGLISH

Nineteen kind comments. One critic.

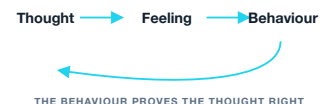
Your mind screenshots the critic.

Ask what your filter left out today. There is usually something decent in the bin.

THE CLINICAL NAME

Mental filtering

Selective attention with a negative bias. The mind is not inventing anything — the critical comment is real — but it is sampling unrepresentatively and then treating the sample as the whole. The result is an accurate detail assembled into a false picture, which is far harder to argue with than an obvious distortion.



HOW IT RUNS *A post with nineteen supportive replies and one harsh one*

THE VERDICT

THE NEXT STEP

THOUGHT	"People think this is rubbish."	"One person disliked it. Nineteen did not."
FEELING	Exposed and stupid for having posted.	Stung, but not reconsidering the whole project.
BEHAVIOUR	Reread the criticism. Consider deleting the post.	Read the supportive replies properly. Post again.

THREE TOOLS

- 1 Count, do not feel.** Actual numbers break the filter faster than reassurance does.
- 2 Read the rest properly.** You skimmed the good ones. Go back and read them at the same speed.
- 3 Ask what got binned.** End the day by naming one good thing your filter dropped.

A MUSLIM LENS

One person's remark after the khuṭbah outweighs a whole community that has been good to you.

Husn al-ẓann to the many — Extend to the nineteen the assumption you are giving the one.

Du'ā' for the critic — It is hard to keep re-reading the words of someone you just prayed for.

Then return — Attend again. Avoidance narrows the sample even further.

Seeing only the flaw is not discernment. It is a narrow lens with confidence.

THIS WEEK One evening, list what actually happened today — the whole day, not the highlight of the worst part.

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