

EMOTIONAL REASONING

When a feeling gets accepted as evidence of what is true.

IN PLAIN ENGLISH

"I feel like a burden, so I must be one."

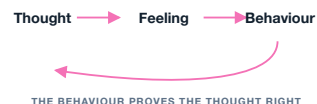
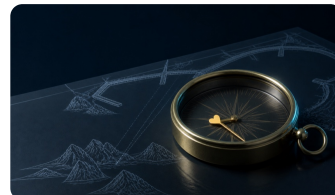
There is a trapdoor in the middle of that sentence.

A feeling is weather, not a verdict.

THE CLINICAL NAME

Emotional reasoning

Treating an internal state as a measurement of external reality. Feelings are real and informative about you; they are not readings of facts about the world. In low mood the inference runs constantly and self-confirms, because the resulting withdrawal produces exactly the isolation the feeling predicted.



HOW IT RUNS *A low week, and friends have not been in touch*

THE VERDICT

THE NEXT STEP

THOUGHT	"I feel like a burden, so I am one. They tolerate me."	"I feel like a burden. That is the mood, not the evidence."
FEELING	Lonely, ashamed, certain of being unwanted.	Low, but not treating it as a fact.
BEHAVIOUR	Cancel plans. Go quiet. Prove the theory right.	Go anyway. Send one message. Test it.

THREE TOOLS

- 1 Change the verb.** "I feel" rather than "I am". It restores the gap that the trap closed.
- 2 Ask for the external evidence.** What would someone outside your head actually observe?
- 3 Act against the forecast.** Go to the thing. Behaviour tests the belief; thinking does not.

A MUSLIM LENS

Feeling far from Allah gets taken as proof that you have been abandoned, and so you pray even less.

Īmān fluctuates — Rising and falling is described as normal, not as evidence of rejection.

Pray the state, not the feeling — Ṣalāh performed without sweetness still counts. Especially then.

Then tell one person — Isolation is how the feeling protects itself from being tested.

The distance you feel is not a measurement of the distance that exists.

THIS WEEK Catch one "I am" that is really an "I feel". Say the corrected version out loud.

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