

SELF-SERVING BIAS

When wins get claimed as character and losses get blamed on circumstance.

IN PLAIN ENGLISH

When you win it is talent. When you lose the referee was blind.

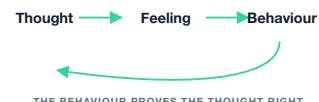
Everyone runs this. It is very hard to see from inside.

Own one small mistake this week. Just one. It is oddly freeing.

THE CLINICAL NAME

Self-serving bias

Asymmetric attribution that protects self-esteem in the short term and blocks learning in the long term. Because success is filed under ability and failure under circumstance, feedback never reaches the part of you that would act on it — and the same mistake is available to be made again, blamelessly.



HOW IT RUNS *A pitch that did not land*

THE VERDICT

THE NEXT STEP

THOUGHT	“Bad room, bad brief, wrong day. Nothing I could do.”	“Tough room — and my opening was weak.”
FEELING	Defensive. Quietly certain you were unlucky.	A bit exposed, and clearer about what to change.
BEHAVIOUR	Repeat the same pitch. Get the same result.	Rewrite the opening. Ask one person for feedback.

THREE TOOLS

- 1 Split the causes honestly.** For any outcome, name one thing that was you and one that was not.
- 2 Ask someone who will say it.** Pick the person who tells you the truth, not the kind one.
- 3 Own one thing out loud.** Naming it to another person is what makes it stick.

A MUSLIM LENS

Success attributed to your own excellence, difficulty attributed to everyone else — an accounting error with spiritual consequences.

Attribute the good upward — Whatever good reaches you is from Allah. That is the correction, said daily.

Muḥāsabah — Take your own account before it is taken. Specific, written, unflattering.

Then own one to a person — Admitting it aloud is the part the ego actually resists.

Taking full credit is the same error as taking no blame, pointed the other way.

THIS WEEK Take one setback. Write the part that was genuinely yours, and act on that part only.

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