

HAVE YOU EVER NOTICED...

A perfectly ordinary text conversation...
until your brain decides to join the party (usually uninvited)

PICTURE THE SCENE

Have you ever sat staring at the contents of a text wondering what the sender is trying to say, whilst your brain conjures up 320 different meanings? (usually none of them good)
Of course, the sender hasn't recited the complete works of Shakespeare or the latest research on quantum physics... They've merely responded with just one word....

"Yes"

WHAT'S HAPPENING?

Just like an uninvited guest at the worlds worst party, our brain loves to show up at the most inconvenient time. When faced with uncertainty it will frantically try to fill in the gaps, usually with a million different explanations and all usually negative.

Oddly enough, it's actually trying to help. Our brains evolved to constantly scan for potential threats, because thousands of years ago ignoring danger could have serious and potentially fatal consequences, (think being chased by a sabre tooth tiger or woolly mammoth).

The tricky thing is, our brains react just as enthusiastically now to a one-word text reply as it did to a potential prehistoric predator attack.

TRY THIS....

- **Take a pause before replying.**

Our brains may want an explanation right now, but giving yourself a few minutes creates some space before your imagination runs wild.

- **Ask yourself... What is the most likely explanation?**

Our first thought (and especially the 320 that follow) isn't always the most accurate one. Looking at the evidence can anchor us back to reality, rather than what our brains are trying to tell us.

- **Resist the urge to keep re-reading the text**

The more we look for hidden meanings, the more our brains can believe that there must be one.

- **Gently distract yourself...make a cup of tea, watch something funny, listen to some music.**

You're not ignoring the uncertainty, but giving your brain some needed space.