

What is Fear-Based Thinking?

Fear based thinking is a mental habit that persists when there is no immediate threat

Narrows our focus, restricts learning, blocks compassion and creativity and makes us more self-centered, impatient, and judgmental

Seeks quick, simplistic solutions without understanding the nature of a problem or its full implications

Creates emotionally based adversarial opinions that are rigidly held and immune to logic

Fear-Based Thinking Stops Us From Asking Questions, & Leads To:

Lack of Understanding

Short-Term Thinking

Poor Decision Making

Need for control

Isolation & Exclusion

Tendency to seek power over perceived threats