

# Your brain prioritises criticism over praise — Here's why

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This means that while one offhand insult can stay with you for years, a dozen kind words from last week can barely register. The memory of the negative sticks; the memory of the good fades.

In a study of emotional face recognition, researchers found a consistent tendency to interpret ambiguous faces as negative — a sign of negativity bias in action. Another paper reviewed multiple neuroscience methods (fMRI, ERP studies) and concluded that negative information is processed more rapidly and deeply than positive information.

Knowing the bias exists is the first step

in rewiring the tilt. The next is working around it — not by denying or suppressing negativity (that's necessary), but by deliberately strengthening your positive experiences so they register more fully.

One small shift in how you respond to a compliment or criticism is not just emotional hygiene but akin to rewiring the brain. Your biology might be set up to remember the sting, but with intention, you can also make it remember the healing. And that's less about denying reality than about redefining what we give power to.

**By Ayman Anika**

**Photo: Collected**



## ◆ HOROSCOPE ◆



**ARIES**  
(MAR. 21-APR. 20)

A burst of confidence fuels new beginnings. Avoid hasty decisions and trust your instincts. Your lucky day this week is Tuesday.



**TAURUS**  
(APR. 21-MAY 21)

Financial clarity arrives midweek. Stay steady and practical in relationships. Comfort brings strength. Your lucky day this week is Friday.



**GEMINI**  
(MAY 22-JUN. 21)

Conversations open new doors. A surprise message could shift your mood. Embrace flexibility. Your lucky day this week is Wednesday.



**CANCER**  
(JUN. 22-JUL. 22)

Home and heart matter most. Nurture connections but avoid emotional overload. Your lucky day this week is Monday.



**LEO**  
(JUL. 23-AUG. 22)

Creative sparks fly! Recognition or praise is likely. Stay humble amid success. Your lucky day this week is Sunday.



**VIRGO**  
(AUG. 23-SEP. 23)

Organisation leads to peace. Sort out priorities and clear old clutter. Your lucky day this week is Thursday.



**LIBRA**  
(SEP. 24-OCT. 23)

Balance love and ambition carefully. A charming encounter could brighten the week. Your lucky day this week is Saturday.



**SCORPIO**  
(OCT. 24-NOV. 21)

Hidden truths emerge.  
Trust your intuition.  
Avoid unnecessary conflict.  
Your lucky day this week is  
Monday.



### SAGITTARIUS (NOV. 22-DEC. 21)

Adventure calls! A spontaneous plan revives your spirit. Say yes to change. Your lucky day this week is Thursday.



**CAPRICORN**  
(DEC. 22-JAN. 20)

Hard work pays off quietly. Recognition comes soon—keep patience. Your lucky day this week is Wednesday.



**AQUARIUS**  
(JAN. 21-FEB. 19)

Innovative ideas  
shine. Collaborate wisely  
and think long-term.  
Your lucky day this week is  
Saturday.



**PISCES**  
(FEB. 20-MAR. 20)

Emotional tides run deep — channel them into art or reflection. Healing energy surrounds you. Your lucky day this week is Friday.

স্বর্ণের ছোয়ায়, তোমার উপমায়,  
বদলে দিলে যে আমায়...

# অ্যান্ডালিনা সোপ

রূপচর্চায় আদ্রিজাত্য...

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