

The Fantasy Trap

In this video, we'll explore the fantasy trap. The fantasy trap is one reason that we get stuck. Our mind actually uses negative emotion to motivate us to change. However, our mind has a coping mechanism – fantasy – that protects us from negative emotion. Unfortunately, getting caught up in fantasy can lead us to be trapped in a false world – where we dream and dream, and never make change.

References and further reading

- Tyng, C. M., Amin, H. U., Saad, M. N., & Malik, A. S. (2017). The influences of emotion on learning and memory. *Frontiers in psychology, 8*, 1454.

Meditation Videos



P19 – What is self?



P20 – Neti Neti