MyDopa™

FOR PEOPLE WHO LIVE WITH ANXIETY

The *Evidence* Guide for the Anxious Mind

From what if to what happened in 14 days. A free guide for people who live with anxiety.

mydopa.app

Today, 12 things went okay. *1* didn't.

Your mind keeps thinking about the 1.



12

went okay

1

your mind keeps thinking about

That is how minds work. One bad thing can feel bigger than all the good things put together. But it is only part of your day. Nothing is keeping track of the 12.

> ***"Which one is your mind talking about?"***

Feelings guess. Records *check*.

Runners keep a running log. People who watch their health follow steps, sleep and heart rate. Dieters count meals. Counting is how anyone gets better at anything.

ILLUSTRATIONS



A running log

YOUR MIND SAYS
"I'm getting slower."

THE LOG SAYS
Your pace has improved.



A health dashboard

YOUR MIND SAYS
"I barely slept."

THE DASHBOARD SAYS
You slept six hours.



A calorie counter

YOUR MIND SAYS
"I ate way too much."

THE COUNTER SAYS
It was a normal day.



MyDopa

YOUR MIND SAYS
"It will go badly."

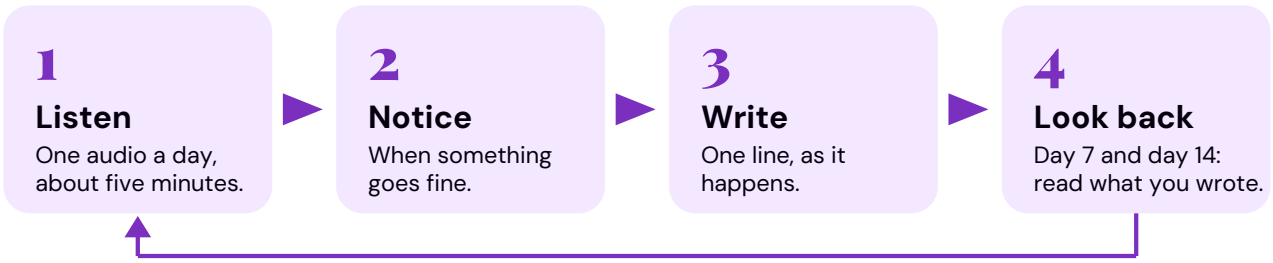
THE RECORD SAYS
The last three calls went fine.

Nobody gave your mind a record to check its guesses against.

> *"Feelings guess. Records check."*

How it *works*

Four moves. About five minutes a day.



Repeat tomorrow. Miss a day and nothing breaks.

WHAT IT DOES FOR A MIND LIKE YOURS

	YOUR MIND DOES	THE PRACTICE DOES	YOU BUILD
Accuracy	Says the worst will happen, and treats it like a fact.	Keeps what actually happened, one line at a time.	**Your fears next to what really happened.**
Clarity	Mixes up what you know, what you fear and what you guess.	A line written as it happens pulls the three apart.	**You see what you actually know.**
Self-confidence	Has no proof to point to when it matters.	Keeps a record in your own words.	**Proof you can point to.**

A FORECAST CHECK, FILLED IN (ILLUSTRATION)

I EXPECTED	WHAT HAPPENED	THE GAP
The call will go badly.	It went fine.	**My guess was worse.**
The report will have one typo.	It had one typo.	**My guess was right.**
I will blank in the meeting.	I answered every question.	**My guess was worse.**

Sometimes your guess is right. A record shows you which times.

Your 14-day forecast *check*

Before something that worries you, write what you expect. After, write what happened. Fourteen lines. An empty row is fine. Nothing breaks.

DAY	I EXPECTED (OPTIONAL)	WHAT HAPPENED
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		

On day 14, read the whole ledger from the top. Count how many guesses were worse than what happened, and how many were right.

The forecast *card*

Before something that worries you, fill in your card. Here is one filled in. Then make yours.

I EXPECT

"The call will go badly."

LAST TIME IT ACTUALLY

I handled the hard question. I stayed in the room.

SO THIS TIME I CAN SAY

This could be hard, and I have handled hard calls.

I EXPECT

LAST TIME IT ACTUALLY

SO THIS TIME I CAN SAY

Cut it out. Keep it where you will see it.

From what if to *what happened*.

In 14 days, you check every worst guess against what really happened. Same mind, same hard days, now with a record.

DAY 1

"What if it goes badly?"

- ☐ _____
- ☐ _____
- ☐ _____

A guess, and no record

DAY 14

"Here is what happened."

- ☑ Expected a bad call. It went fine.
- ☑ Expected to blank. I answered it.
- ☑ Expected one typo. It had one typo.

Guesses, checked

That is the change we believe you can make.

Five minutes of audio. One line when something goes fine. Nothing breaks if you miss a day.

Request your invitation →

mydopa.app

We cannot promise how you will feel. We can promise a record of what you did.

WHAT MYDOPA IS NOT

MyDopa is a personal-development practice. It does not diagnose, treat or cure anxiety, and it is not a substitute for care from a qualified professional. If you think you may have an anxiety condition, talk to a doctor or licensed clinician. If you are in crisis or thinking about harming yourself, contact your local emergency number or a crisis line right away.

Why we believe *this*

Our claim is narrow. The research behind it is real, and so are its limits.

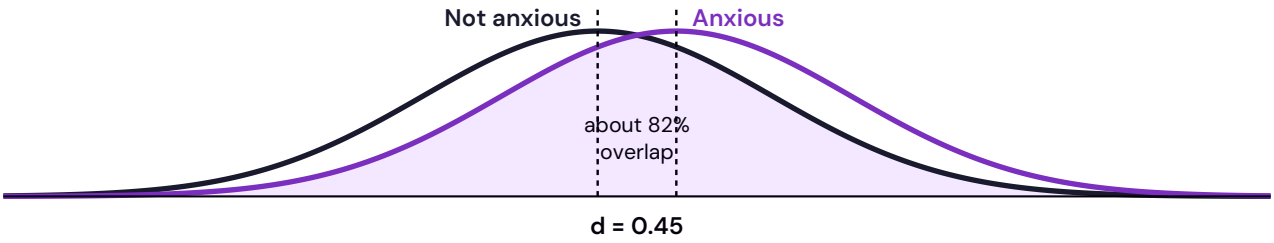


Figure 1. Two normal curves 0.45 standard deviations apart, the average effect in Bar-Haim et al. (2007). Shaded overlap: about 82% (our calculation, assuming equal spread).

In 2007, a meta-analysis of 172 studies (Bar-Haim et al.) found that anxious people's attention goes to threat more than other people's: a moderate effect, d = 0.45, found across tasks, ages and anxiety disorders.

Across psychology, “Bad is stronger than good” (Baumeister et al., 2001). Bad feedback, bad news and bad impressions outweigh good ones, so an attention that leans toward danger counts the loud half.

We do not claim MyDopa changes how you feel. A 2017 replication found that simple daily exercises did no better than a neutral placebo task (Woodworth et al.). Our claim is narrower: a written record gives you a fuller count of your own days, and a fuller count is a better basis for judging yourself.

WHAT THE STUDIES DO NOT SHOW

The tasks used words and pictures on a screen, not your three o'clock call, so a laboratory effect is not a prediction about your day. Researchers are still working out the mechanisms behind the bias (Cisler & Koster, 2010). And an average across thousands of people cannot tell you what is true of you. We know of no trial of this practice.

Sources and *method*

Every figure and finding comes from the papers below. Summaries are ours. Quoted phrases are short, exact and attributed.

SOURCES

Bar-Haim, Y., Lamy, D., Pergamin, L., Bakermans-Kranenburg, M. J., & van IJzendoorn, M. H. (2007). Threat-related attentional bias in anxious and nonanxious individuals: A meta-analytic study. *Psychological Bulletin, 133*(1), 1–24. https://doi.org/10.1037/0033-2909.133.1.1

Cisler, J. M., & Koster, E. H. W. (2010). Mechanisms of attentional biases towards threat in anxiety disorders: An integrative review. *Clinical Psychology Review, 30*(2), 203–216. https://doi.org/10.1016/j.cpr.2009.11.003 — Summarized from the published abstract.

Baumeister, R. F., Bratslavsky, E., Finkenauer, C., & Vohs, K. D. (2001). Bad is stronger than good. *Review of General Psychology, 5*(4), 323–370. https://doi.org/10.1037/1089-2680.5.4.323 — Summarized from the published abstract.

Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist, 60*(5), 410–421. https://doi.org/10.1037/0003-066X.60.5.410 — Summarized from the published abstract.

Woodworth, R. J., O'Brien-Malone, A., Diamond, M. R., & Schüz, B. (2017). Web-based positive psychology interventions: A reexamination of effectiveness. *Journal of Clinical Psychology, 73*(3), 218–232. https://doi.org/10.1002/jclp.22328 — Summarized from the published abstract.

OUR CALCULATIONS

Overlap: for two normal distributions of equal spread whose means differ by d standard deviations, the shared area is 2Φ(−d/2), where Φ is the standard normal distribution function. For d = 0.45 this is 0.822, about 82%. Real data are rarely perfectly normal, so treat this as an illustration.

People counted: 2,263 anxious + 1,768 non-anxious = 4,031, as reported in Bar-Haim et al. (2007).