

AI-03135 Focusing Illusion Typhoon

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What is the focusing illusion? Shorten and simplify so that it is easy to remember. We just survived the typhoon Tino, expand how focusing bias is in play.

Focusing illusion (short, simple):

It's when we give too much importance to one thing and forget the bigger picture — what we focus on feels more important than it really is.

Example after Typhoon Tino:

Right after the storm, people may focus only on what was destroyed — fallen trees, no power, damaged homes — and think “everything is ruined.”

That's the focusing illusion. It blinds us to the full truth: we survived, neighbors helped each other, relief is coming, nature will recover.

In essence:

What we focus on expands — but not always accurately. The storm may have shaken roofs, but focusing only on loss hides the quiet strengths that kept everyone alive.