

The problem with 'mindset'

- ◆ Hyper Belief + "Top-Down Extremism"
- ◆ False Growth Mindset



Bottom-Up Extremism

Leads to hopelessness & resignation; minimizes importance of self-regulation, self-responsibility and control of mental processes.

"Conditional power"



Top-Down Extremism

Let's society 'off the hook'; leads to apathy, lack of empathy
"Unconditional power"