

THE CHOICE POINT VIDEO BY DR RUSS HARRIS – SCRIPT

The human mind has evolved to think in such a way that it naturally creates psychological suffering.

You see back in the Stone Age, 200 000 thousand years ago, life was pretty dangerous for our caveman ancestors.

So, if a caveman or cavewoman wanted to survive, their minds had to be constantly on the lookout for things that might be hurt or harm them. If that cave person's mind wasn't good at predicting, spotting or avoiding danger.

What happened to her?

The default setting of the cave man mind was safety first... and we in the modern world have inherited this.

Our modern minds are constantly warning us of things that might hurt or harm us.

The cave man mind says, "Watch out, there might be a bear in that cave, you could get eaten!"

"Watch out that shadow on the horizon might be the enemy from another clan, you could get speared!"

Our modern mind, then, does worrying, predicting the worse, avoiding anything that scare you--anxiety in all of its different forms.

Back in caveman days, if you survive an encounter with a bear or a wolf then it's useful to replay it.

It's useful for your mind to go over the events and remember what you did to survive, so that you are better prepared for next time.

But in our modern world we go over and over painful memories, dwelling on them, reliving them, even when there's nothing useful to learn, or the lesson has been well and truly learned a long time ago.

In the Stone Age era as a cave man or cave woman you have to fit in with the group.

If you are alone, you will soon die.

So, your mind compares you to others in the group.

Am I fitting in? Am I contributing enough?

Am I following the rules? Am I doing anything that might get me thrown out of the group?

Now in modern life we're always comparing ourselves to others.

But the problem is we're no longer in a small group.

Our groups are enormous today and we carry with us devices that constantly feed us images and stories of people all over the planet. This constant comparison... ramps up our fear of being judged.