“Most people see the world as a threatening place, and, because they do, the world turns out, indeed, to be a threatening place.”

When you think about the world as a threatening place, your mind seems to transform into a “fear” mode. Because you are thinking about everything that can possibly go wrong, whenever anything unexpected happens, you transform it into something threatening. Thinking about the world through a lens of fear causes you to find everything to be a monster. Thinking about the world as a threatening place can also cause it to be more threatening. If you think about the world as a scary place, then you will likely act as if you are trying to protect yourself against the threats it brings. Acting defensively will cause you to make rash decisions, which are more likely to fail and will keep the self-fulfilling prophesy alive.