

DID YOU KNOW?

Psychologists have found that people often feel more regret about things they didn't do (missed opportunities) than about things they actually did.

That's one reason why mysteries, conspiracy theories and hoaxes are so attractive:

- Our brain hates “not knowing”.
- So, it tries to fill the gap with stories, theories and “what if...”.

When we say things like:

“It might have been a secret experiment...” or

“They must have hidden something...”

We are actually doing what the brain loves:

Creating explanations to feel less confused about the past.