

# New Thinking on How and Why People Get Hurt ...

**May 2025**



# An Example of Excellent 'Situational Awareness' ...



Anker & Marsh

Away with the fairies/  
in need of a re...



Alert, focused and  
productive

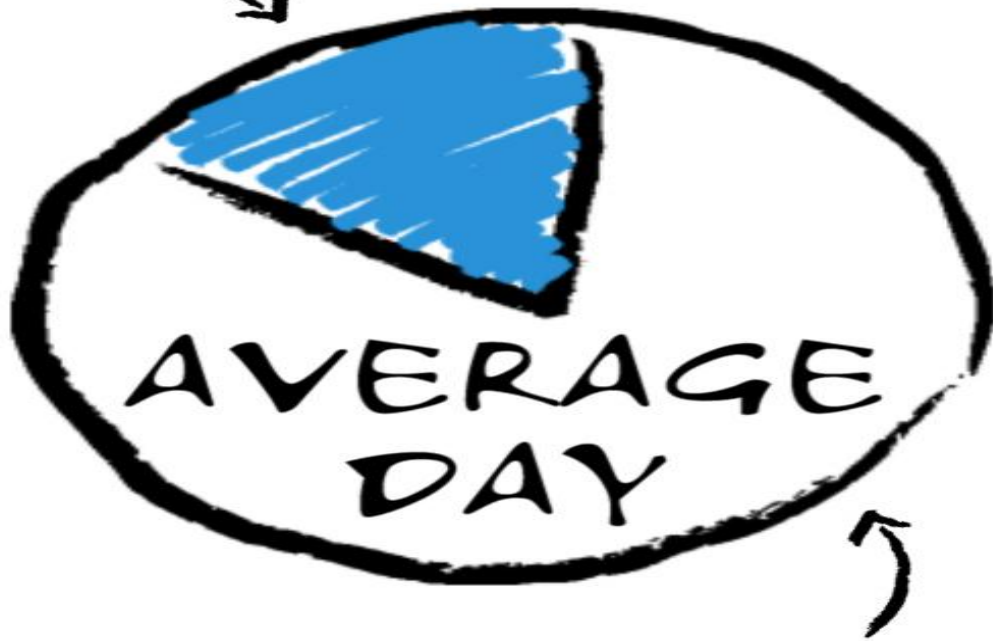


gets



Anker & Marsh

Away with the fairies/  
in need of a re-charge



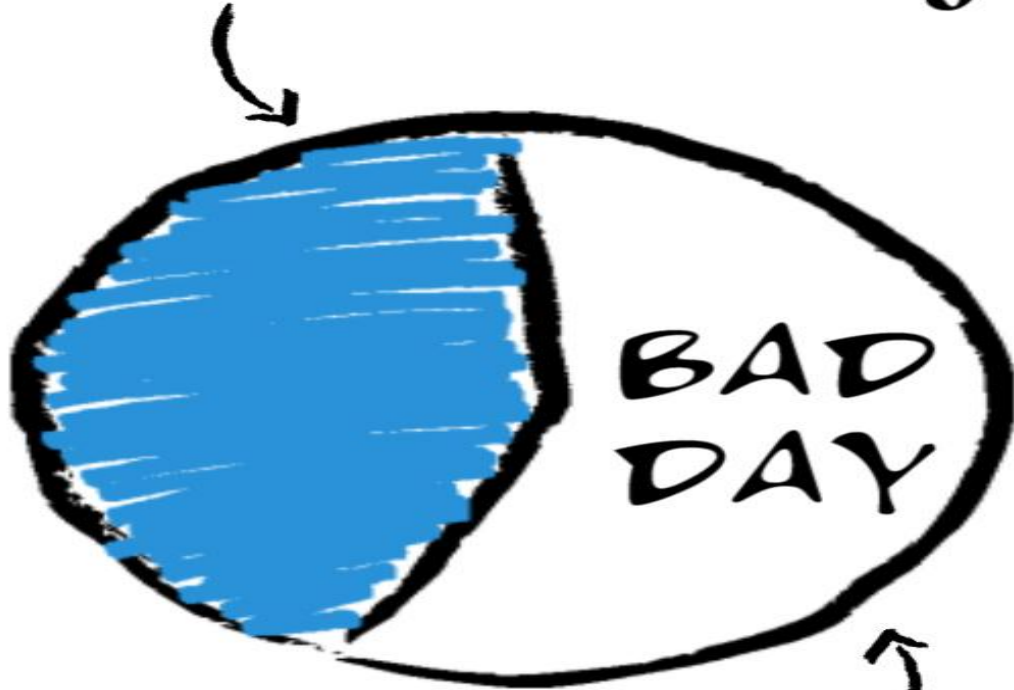
Alert, focused and  
productive

**On  
average  
... most  
of us ...  
(and HK)**



**Anker & Marsh**

Away with the fairies/  
in need of a re-charge



Alert, focused and  
productive

**But many  
people  
look far  
more like  
this ...**



**Anker & Marsh**

Fatalism ...

Distraction ...

Bad Interactions & Bad

Decisions ...



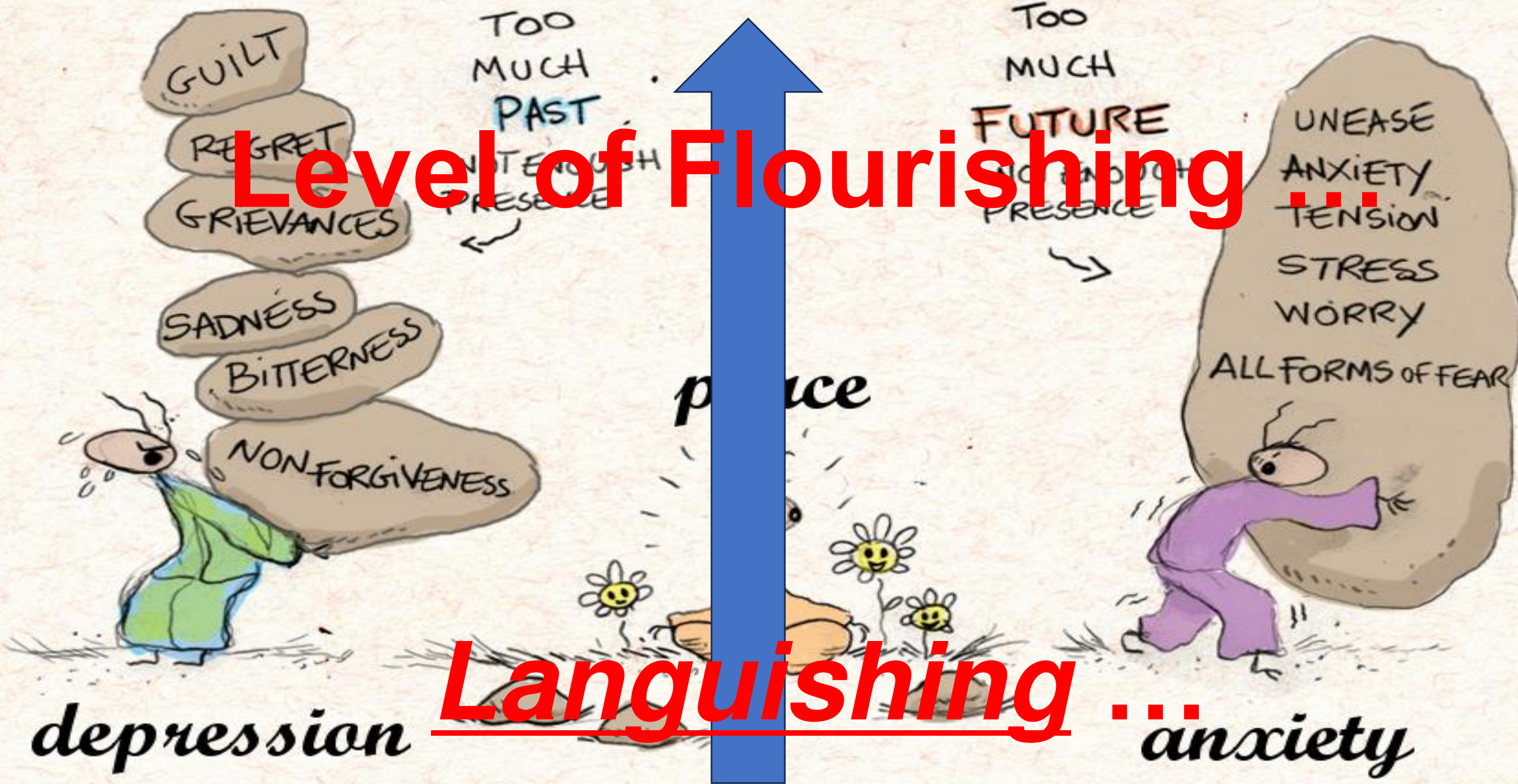
Anker & Marsh



fulness ...

Feeling Anti-Social

# Level of Flourishing ...



TOO MUCH PAST

TOO MUCH FUTURE

- GUILT
- REGRET
- GRIEVANCES
- SADNESS
- BITTERNESS
- NON-FORGIVENESS

- UNEASE
- ANXIETY
- TENSION
- STRESS
- WORRY
- ALL FORMS OF FEAR

peace

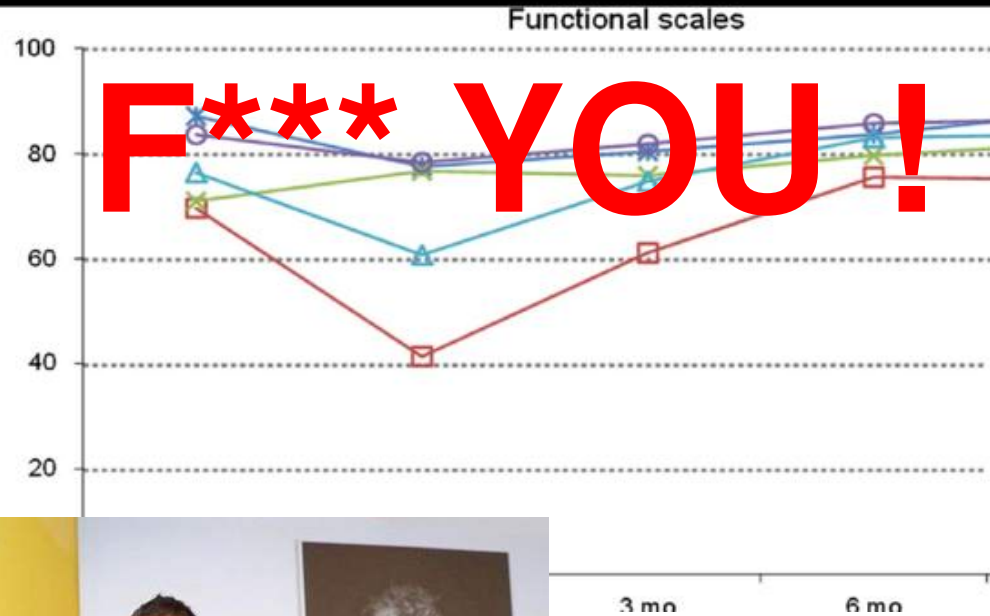
Languishing

depression

anxiety



**Anker & Marsh**



**F\*\*\* YOU!**



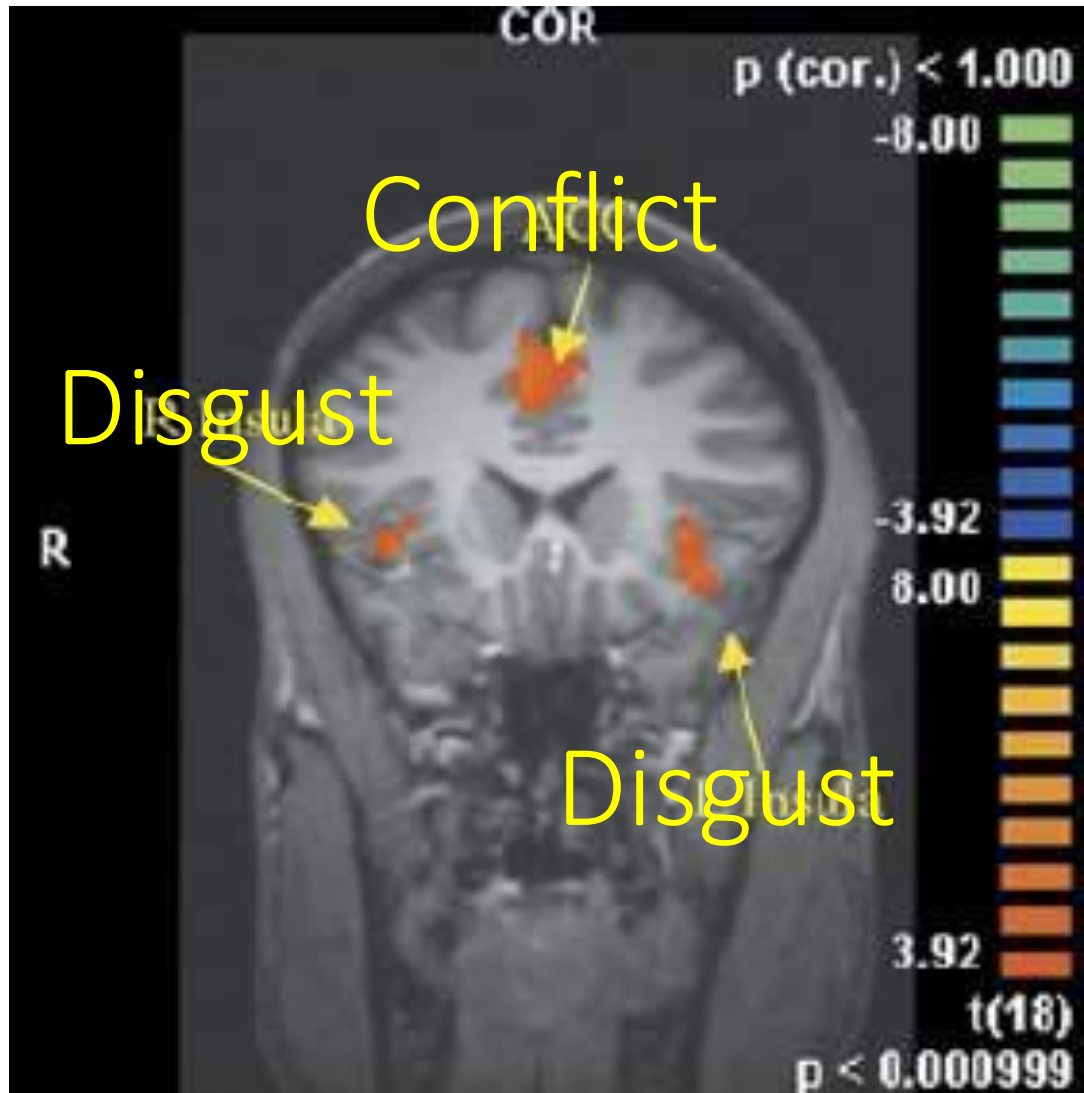
sh



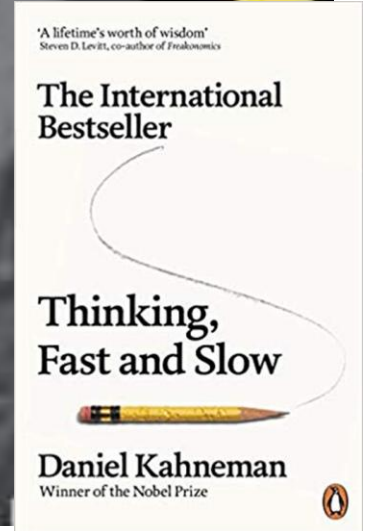
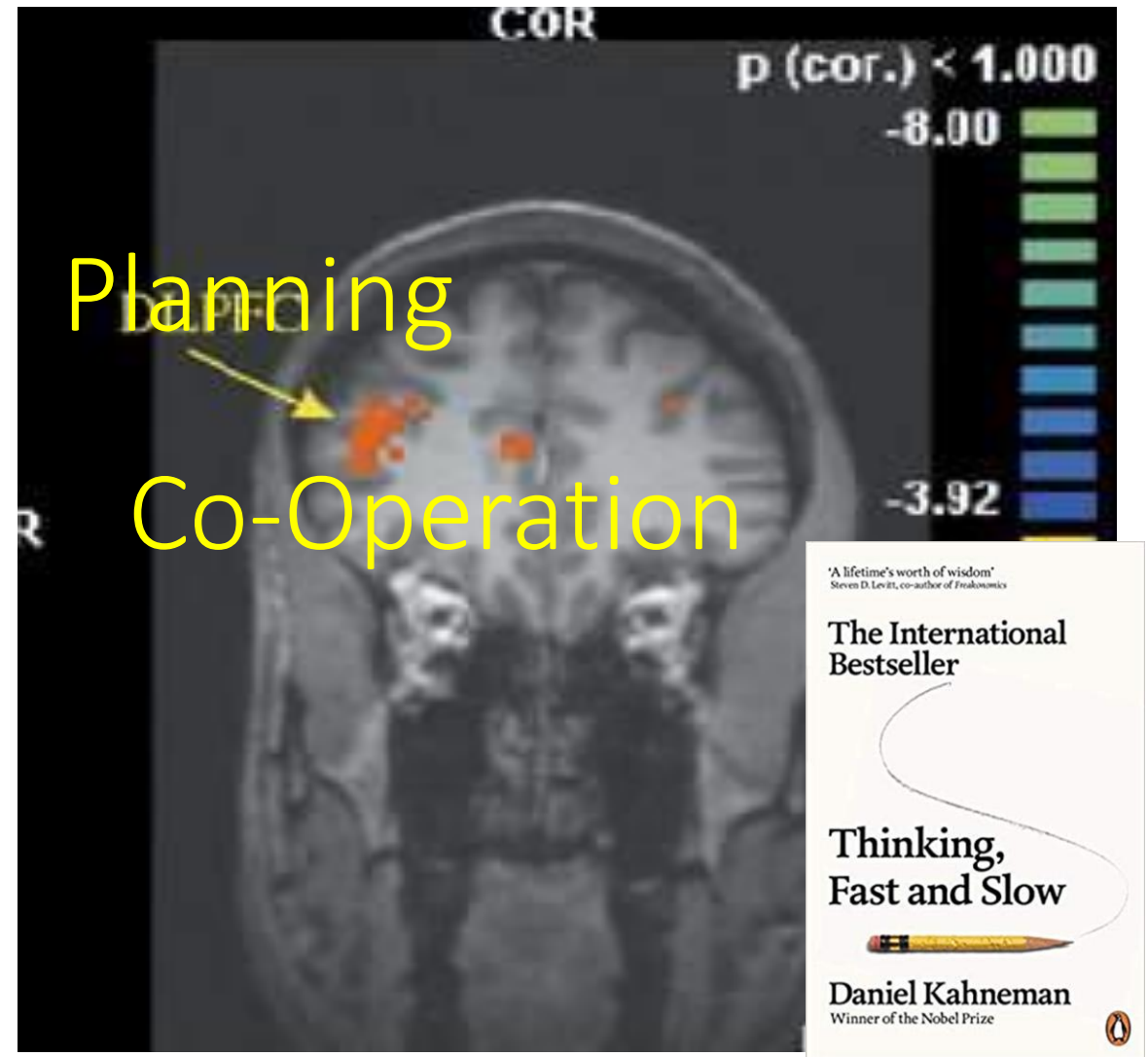
**F\*\*\* It  
(Languishing)**

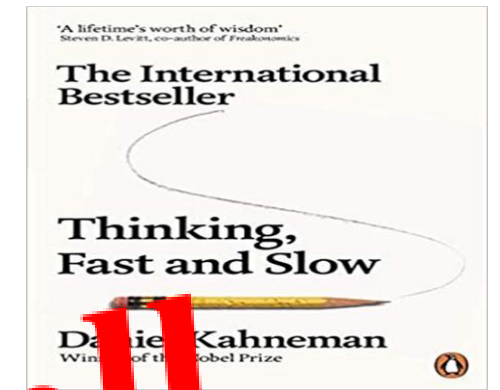
**The Fatalism and Intolerance  
of Organisational,  
Interpersonal and Societal  
Factors Scale ... or F.I. Score**

# Unfair Treatment



# Fair





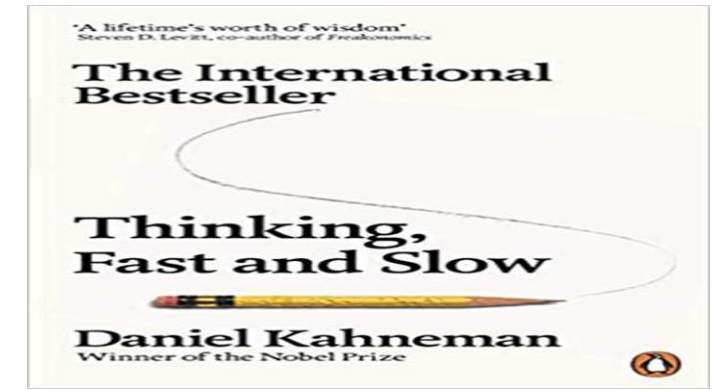
**Cortisol and Adrenalin ...**

**(Caused by stress, uncertainty, unfairness ...)**

**Delivering: intolerance, irritability, criticism ...  
and hindering trust, resilience, memory, creativity  
and decision making ...**



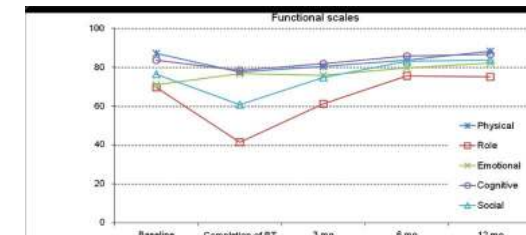
**Anker & Marsh**



Dopamine, Oxytocin and Endorphins...

**Success on the Beach**  
(Caused by humour, empathy, fairness and engagement ...)

Delivering: calmness, focus, creativity, generosity, empathy, compassion, bonding & trust ...

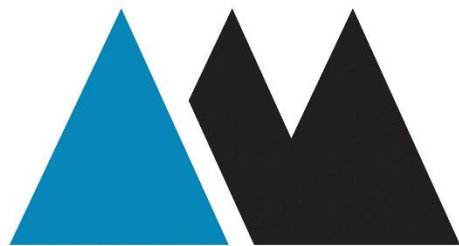


"I've learned  
that people will  
forget what you  
said, people will  
forget what you  
did, but people  
will never forget  
how you made  
them feel."

Maya Angelou



Anker & Marsh



**Anker & Marsh**

Thank You

[tim@ankerandmarsh.com](mailto:tim@ankerandmarsh.com)