



Great Changes

Mental Health Monthly

March 2027

🍀 Luck, Superstition & Psychology 🍀

Luck is the perceived chance occurrence of positive or negative events, while superstitions are rituals or beliefs designed to control this luck, often used to reduce anxiety about unknown outcomes. Common examples include carrying rabbit's feet, avoiding broken mirrors, or fearing Friday the 13th, often rooted in cultural traditions or the desire for control.

🍀 Psychology Behind Luck and Superstition

- Control and Anxiety Reduction: Superstitions are often used to gain a sense of control in unpredictable situations.
- [Cognitive Biases](#): [Confirmation bias](#) leads people to remember instances when a superstition "worked" and ignore times it did not, reinforcing the belief.
- Cultural Differences: [Belief in stable luck](#) is more strongly associated with a propensity for superstition among Asians and Asian Americans compared to other groups.

🍀 Common Global Superstitions & Origins



Great Changes

Mental Health Monthly

- [Friday the 13th](#): Fear of this day likely stems from the Last Supper (13 guests) and the crucifixion of Jesus on a Friday.
- [Walking Under a Ladder](#): Historically associated with the Holy Trinity, breaking the "triangle" formed by a ladder against a wall was considered sacrilege.
- [Broken Mirror](#)
Romans believed mirrors reflected the soul, and damaging one would result in seven years of bad luck (the time they thought it took for life to renew)
- [Spilling Salt](#): Traditionally, salt was valuable, and spilling it was associated with bad luck or inviting evil spirits.
- [Knocking on Wood](#): Rooted in ancient, pagan beliefs that spirits lived in trees and could provide protection.
- [Bananas on Boats](#): Originated in the 1700s when ships carrying bananas vanished or suffered misfortune, often linked to the cargo spoiling other food or attracting dangerous pests.

<https://artsandculture.google.com/story/18-superstitions-from-around-the-world/kAUxTWmzJ9QvLg?hl=en>

Feeling down on luck or superstitious about making positive changes in your life? We can help. Call Maureen at 815-600-6998 to get set up with a therapist who can help get you on the right path.



Great Changes
Mental Health Monthly