

## Why does time slow down when we're afraid?

There is evidence that experiences of slowed-down time—such as when someone is in grave danger—may not simply be “in our heads.” The reason is this: Many people have reported an ability to navigate out of harm’s way while in grave danger because they experienced time in slow motion. Like Neo in the Matrix, sometimes this even happens with slow-motion bullets.

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Theories about why this occurs are numerous. Some suggest it isn’t the actual experience but the [memory](#) of the experience that causes the phenomenon of feeling time slow down. Researcher David Eagleman suggests that when we are in what he calls “fear” mode, our brains take in exponentially much more information than normal.

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Reports of slowed-down time are closer to what some call “flow” or “the zone,” characterized by deep [concentration](#), highly efficient performance, emotional buoyancy, a heightened sense of mastery, a lack of self-consciousness, and even self-transcendence. This suggests there’s more to the story of slowed-down time than biology. Instead, exploring a possible intersection between psychology (not biology) and physics (not classical, but quantum) may be the place to start.

[\*\*This is an excerpt. Read the original post here.\*\*](#)