

THINKING TRAP



All or nothing.

Is when someone believes that either all or nothing of something is true or false; all black or white.

E.g. all people who play chess are very smart.

- Describe a time when you have thought this way.

- Why do you believe that thinking this way may have caused you to arrive at decisions which really were not logical?

- What is one thing you could start doing to avoid thinking this way?

