THINKING TRAP

Doesn't follow.

Is when two events happen together and someone thinks that because one happened it caused the other one to happen.

E.g. the game was played in the rain and we lost; therefore the rain caused us to lose.

➢ 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?