## THINKING TRAP



## **Pominoes**

Is when someone thinks that because some event follows another then the first event caused the following event.

E.g. after I visited a hospital I became ill; therefore hospitals make me ill.

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?	

