

Family and friends think this.

Is when just because your family or friends make up their mind about an issue you think that it is true.

E.g. my friends said he is the best singer in the band, so I think he must be.

- 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?

