THINKING TRAP



Focusing on negatives.

Is when someone only focuses on the negatives and what can go wrong.

E.g. everything always goes wrong for me and there is nothing I can do about it.

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?	

