THINKING TRAP

Focusing on the past.

Is when someone continues to regret what has gone wrong in the past, rather than focusing on what is happening now.

E.g. If I would have tried harder that wouldn't have happened.

➢ 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?