

# THINKING TRAP



## Fortune telling.

The future is suggested even though there is no evidence for or against it.

*E.g. this team looks ok so I think that they will win the premiership.*

- 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?

