

Generalising too much.

Is when someone makes an assumption most things are bad because one thing that happened was bad.

E.g. I didn't get picked for the team, so I'm not good at anything.

- 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?

