

# THINKING TRAP



## Is it deserved?

Because a person needs a boost, then something is given to them.

*E.g. John is struggling at home, so we'll give him an award at school to brighten up his life.*

- 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?

