

Keep on keeping on.

Is when someone automatically accepts a certain way of thinking about an issue because they have always thought about it that way.

E.g. John always chooses the same two meals from the menu, even though others could be great.

- 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?

