

THINKING TRAP



Minimising the positives.

Is not appreciating the achievements of others and valuing them as ordinary.

E.g. what's so special about that, it's what everyone does.

- 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?

