

# THINKING TRAP



## Who said it?

Decisions are made not on the points for or against, but because of who says it.

*E.g. the gym coach said that low intensity training is good for runners so we all should do it.*

- 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?

