THINKING TRAP

No evidence, then true?

Because there is no evidence or points against something, then it must be true.

E.g. I'll eat more ice cream because no-one has proved it's not good for me.

➢ 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?