**Unhelpful Thinking Styles**

Group activity instructions

Write down an **EVEN** amount of examples for each of your assigned

**Unhelpful Thinking Styles**

E*xamples*:

* + As pertains to Residency life
  + Patterns that your patients are stuck in
  + Personal patterns *if you choose to share*

*This is a timed activity you will have: 10 min; the group with the most examples wins a prize*

[](https://www.google.com/imgres?imgurl=https://previews.123rf.com/images/olenaboldyreva/olenaboldyreva1803/olenaboldyreva180300026/97501373-hourglass-black-and-white-hand-drawn-sketch-vector-illustration-isolated-on-white-background-.jpg&imgrefurl=https://www.123rf.com/photo_97501373_stock-vector-hourglass-black-and-white-hand-drawn-sketch-vector-illustration-isolated-on-white-background-.html&docid=21V2BEKcGNX2GM&tbnid=Z11KUsVI29UykM:&vet=10ahUKEwjchOnz_MvjAhWQlp4KHcClBVYQMwjQAigUMBQ..i&w=918&h=1300&bih=890&biw=1829&q=hourglass&ved=0ahUKEwjchOnz_MvjAhWQlp4KHcClBVYQMwjQAigUMBQ&iact=mrc&uact=8)