**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*

