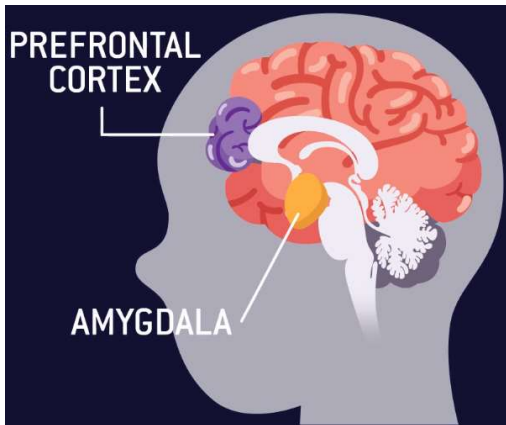


Don't Get Trapped



What part of the brain...:

Controls your executive function?

Is the center of emotional decision making?

Is still developing throughout the teenage years?

Match the Trap: Draw a line from the trap name to its correct description

COMFORT ZONE TRAP

BANDWAGON EFFECT

OVERCONFIDENCE & WISHFUL THINKING

HABITUAL FRAM

EITHER/ OR

PROCRASTINATION

SUNK COST

LIVING ON AUTOPILOT

Doing what others do

Simplifying the decision to doing something or not doing it

Doing what you always do

Going through on a decision because of the effort you put in

Going with the flow and not seeing the decision

Putting the decision off

Doing what feels easy

Focusing on what you want to happen



**HUNGRY
ANGRY
LONELY
TIRED**

