THINKING TRAPS

Dot Voting

INSTRUCTIONS

This is a group exercise called "dot voting." Dot voting is a collaborative, efficient, and engaging method for visualizing a group's collective instincts and inclinations. It's also a great way to spark discussion. This exercise is best done after reviewing the Thinking Traps Glossary.

Step 1   Print out each thinking trap on a single sheet of paper and tape it to the wall.

Step 2   Give each student five stickers. They will vote by placing stickers on the posters.
They can place one sticker on five different traps or all five stickers on one trap,
or some other distribution. They do not need to use all their stickers.

Ask them to vote on which traps they think are most important for younger teens
to learn about before they get their first phones or start using social media.

Step 3   After voting, stand back and discuss what their votes say about how tech impacts our thinking.
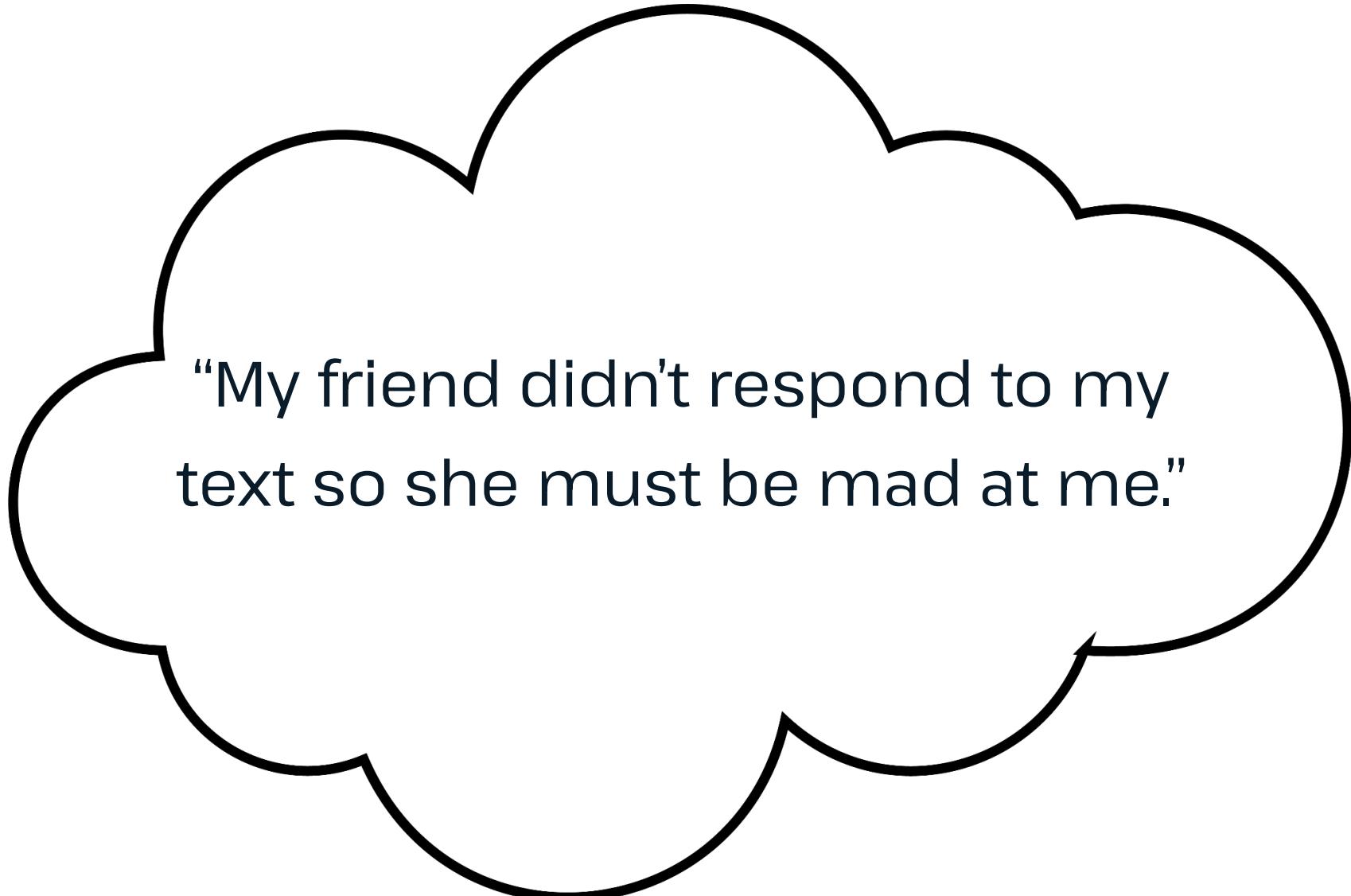
"My friend didn't respond to my text so she must be mad at me."

MIND READING

When you assume you know what someone else is thinking or feeling.

"If my photo doesn't get a lot of likes, it means I'm a failure."

LABELING

When you use negative labels for yourself.
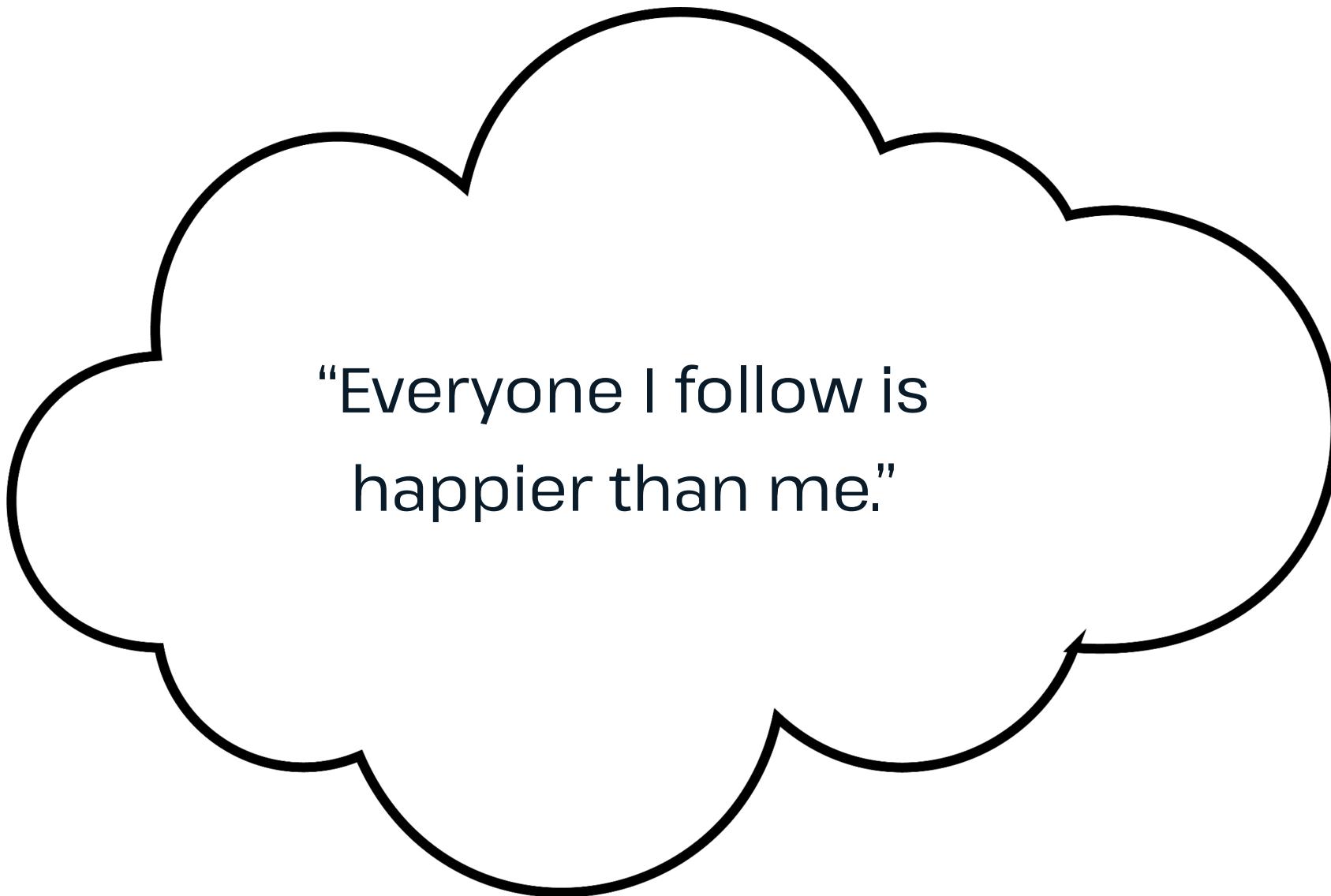
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"Everyone I follow is happier than me."

ALL OR NOTHING THINKING

When you make big generalizations.
(Words: All, Always, Never, Nobody, etc.)
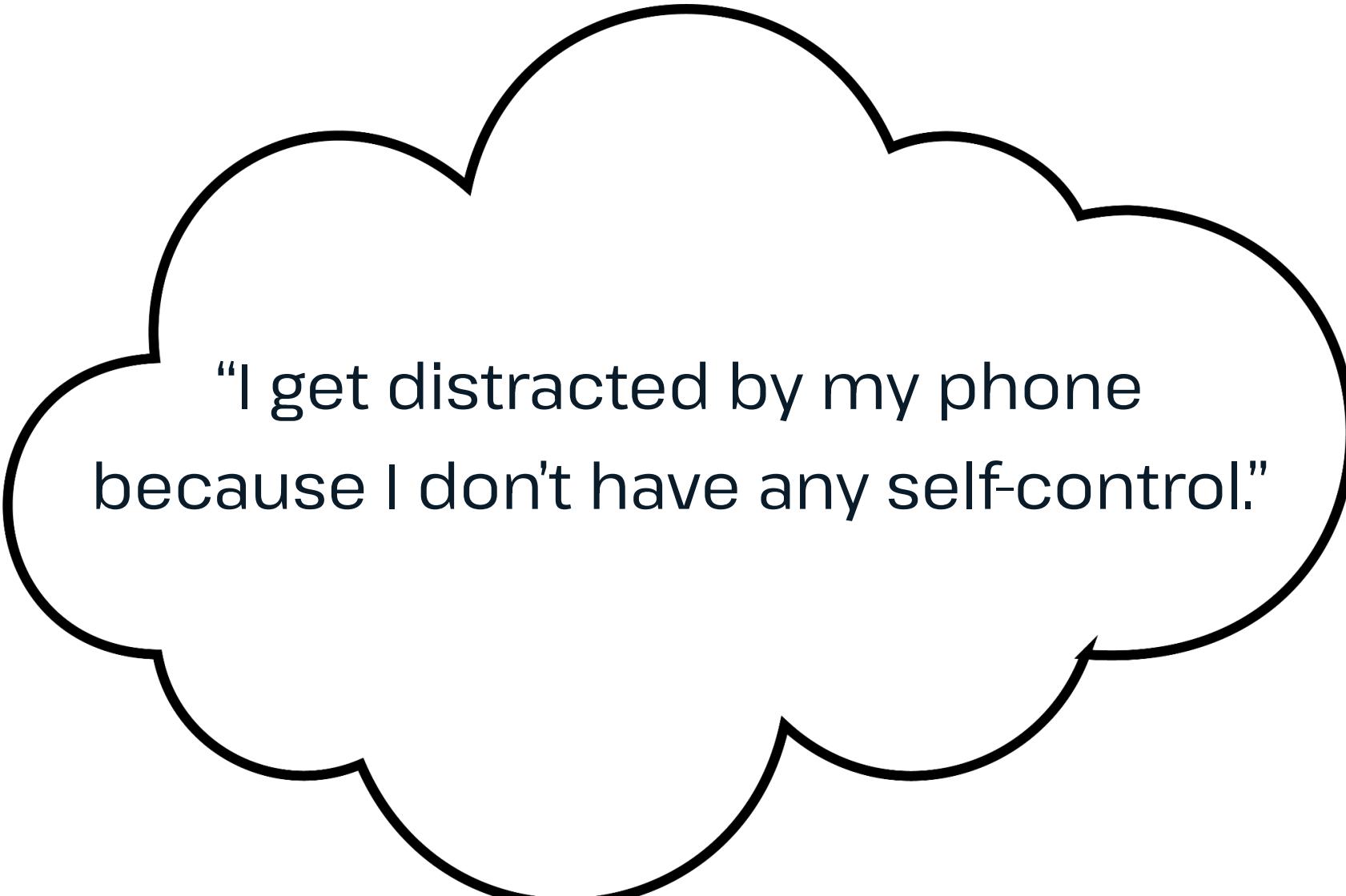
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"I get distracted by my phone because I don't have any self-control."

PERSONALIZING

When you put the blame on yourself.

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"I can't stop thinking about that one negative comment."

NEGATIVE FILTER

When you focus only on the negatives.

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"I sent a text when angry and now my friend will never talk to me again."

FORTUNE-TELLING

When you assume you know what will happen, and it's going to be bad!
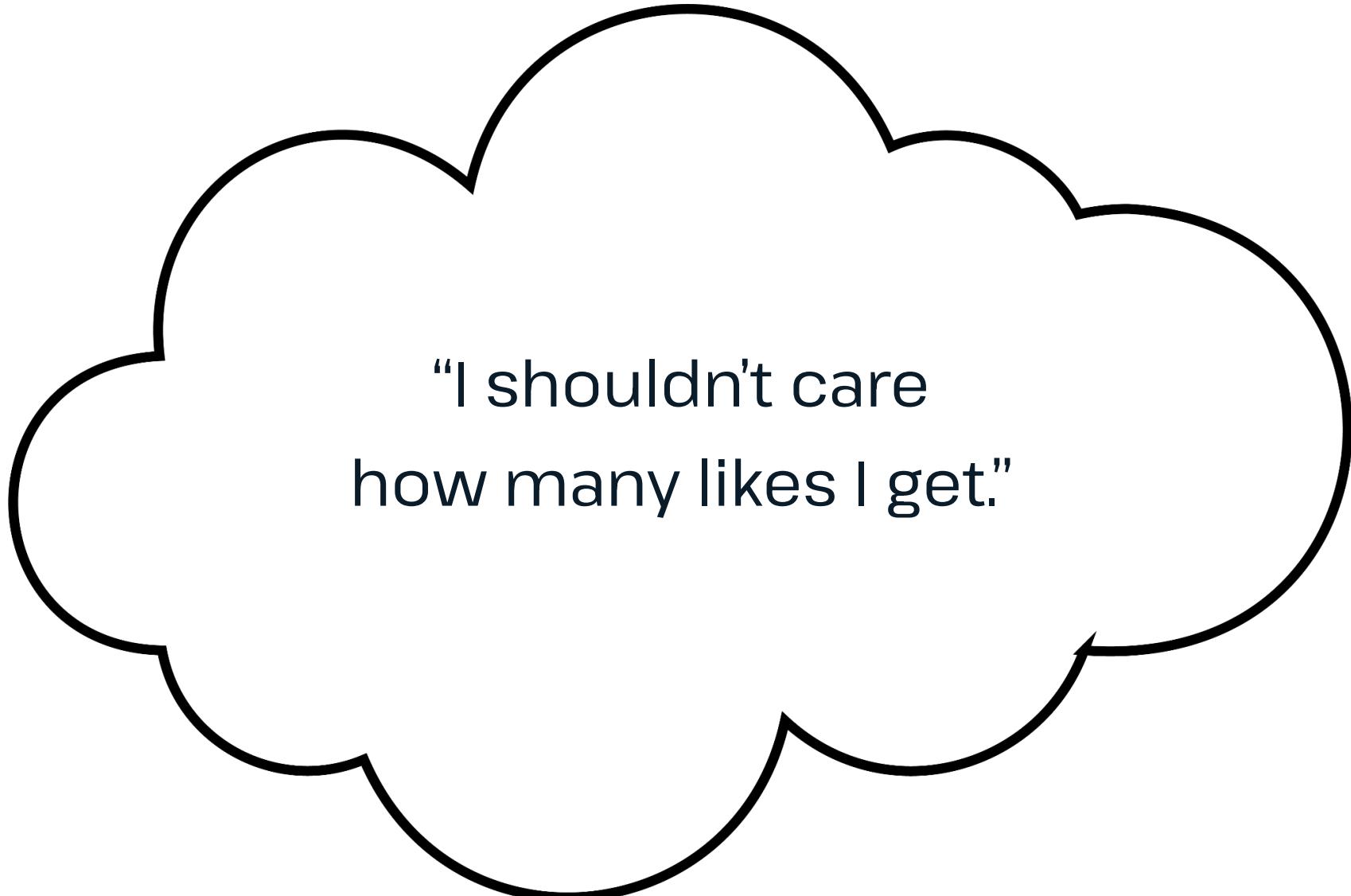
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SHOULDS

When you think about what you "should" (or shouldn't) do or be like.