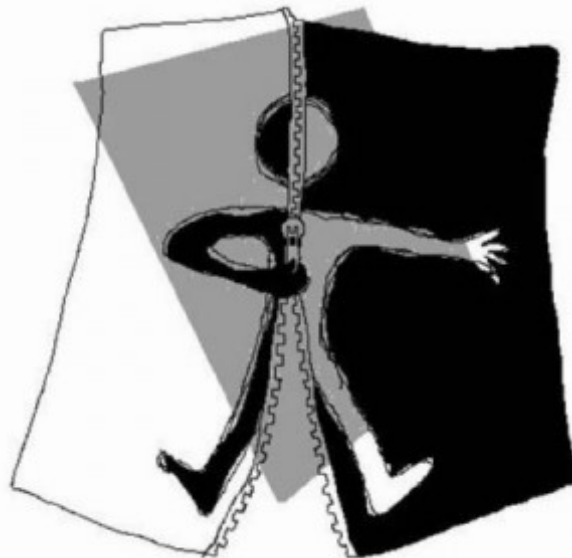


## Using your "gray matter" to think in the gray

BLACK AND WHITE thinking is a style that many of us struggle to figure out - it's not something that comes easy to many. When we "think" about thinking this way, it means that we are approaching an idea from just one side....like the words below.



The reality is that most of what we do (NOT ALL but a lot) falls in the GRAY area. It's like a mix between black and white thinking. For some people, this makes some sense but for others of us, it's harder to figure out what stays in the gray. Let's take a few examples and try to figure out where our brains first go (black or white) and then try to think about the GRAY options. Maybe there isn't a GRAY?



Ideas to discuss: Cheating, wearing a watch, tattling on others, wearing jeans to school, skinny jeans and teens, lying, yelling at your sibling, sitting in the same place every day, getting bullied, being a bully, smoking, speeding, eating carrots, crying at school, crying at home, stealing money.