

We Knead You Here Podcast

Episode 1: Challenging Black & White Thinking



Episode One Recap

- An undefinable nail polish color led Dayna to challenge her black and white thinking
- Black and White Thinking is a thinking trap we land in when we see things all one way or the other
- Lesson in finding small things to remind us even when we can't fit an experience in a box, we can still learn from it

Episode's Recipe: Graham Cracker Brownies

ingredients

- 1 box graham cracker crumbs
- 2 cans sweet & condensed milk
- 1 bag chocolate chips

Directions

1. Preheat oven to 350F
2. Add all ingredients to bowl and combine.
3. Bake for 30-35 mins and let cool!



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Episode One Reflective Questions

1. Do you engage in black and white thinking often? If so, do some specific situations or events put you into this mindset more than others
2. How do you challenge this thinking trap? If you have not experienced it personally, how could you help a friend who may struggle with this?

**In crisis?
Dial or text
9-8-8**



Episode One Exercise

Pick a situation in which you engage in black and white thinking and map it out in the ven diagram.

