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.

![Brain diagram with black and white thinking options]

- Black
  - Yes
  - All
  - Right
  - Must

- White
  - no
  - None
  - Wrong
  - Don’t

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.