

## IDENTIFYING IRRATIONAL IDEAS

Wins		Losses	
How much won	Where won	How much lost	Where lost
1.			
2.			
3.			
4.			
5.			

Try explaining why you lost in each case. Write the reasons down on the list next to the column describing where you lost.

### *Near-wins*

How many times have the symbols on a slot machine lined up for a jackpot except for one crucial reel, your horse lost by a short head or the lottery result come in just one or two digits different from your ticket? Have you noticed how such ‘near-wins’ increase your expectation that a win is about due, and how this spurs you on to continue gambling?