

# Maggy MAGNIFY



- Small issues under a magnifying glass
- Problems seem bigger
- Angry or Scared
- Hyper-focused

**Why it's a Trap:** The issue was actually small, but I act like it's LARGE

**Don't forget:** Check the size

What was the worry or angry thought?

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What size was the problem? (Sm, Md, Lg)

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Did I react with the right size action? YES NO