



TRAP AVOIDANCE

Break glass when your project, meeting, or plan hits a wall.



ANCHORING

The First Number Trap.

CATCH: Do you have a "blind" estimate?
Generate your own number BEFORE seeing theirs.



SUNK COST

The Past Debt Trap.

CATCH: Would you start this today?
Your past investment doesn't get a vote on what's next.



THE 2-HOUR TEST

(The "Hero Tool") The False Urgency Trap.

HERO: What's the worst that happens if I wait 2 hours?
If the answer is "not much," it is just noise.



FRAMING EFFECT

The Perspective Trap.

CATCH: What's the opposite view?
Flip every positive statistic. "80% success" is "20% failure."



DUNNING-KRUGER

The Certainty Trap.

CATCH: When you feel 100% certain, stop.
Certainty is often a signal of what you DON'T know.



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