

Myth #	Summary Notes, Questions
Myth #1: We Only Use 10% of our Brains	
Myth #2: It's Better to Express Anger Than to Hold it in	
Myth #3: Low Self-Esteem is a Major Cause of Psychological Problems	
Myth #4: Human Memory Works like a Video Camera	
Myth #5: Hypnosis is a Unique "Trance" State Differing in Kind from Wakefulness	
Myth #6: The Polygraph Test is an Accurate Means of Detecting Lies	
Myth #7: Opposites Attract	
Myth #8: People with Schizophrenia Have Multiple Personalities	
Myth #9: Full Moons Cause Crimes and Craziness	
Myth #10: A Large Proportion of Criminals Successfully Use the Insanity Defense	