

**make it  
Rational!**



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<p><b>I'm really uncomfortable around people. Everyone probably thinks I'm weird.</b></p>	<p><b>She didn't say, "Hi" to me when I saw her yesterday. She probably hates me.</b></p>	<p><b>I didn't get called to hang out with them. They must not like me.</b></p>	<p><b>My teacher didn't call on me today. She must think I'm stupid.</b></p>
<p><b>I got a B on my reading test. I always fail!</b></p>	<p><b>I can't believe I failed my science test. Now I'll never get into college!</b></p>	<p><b>I'll never be able to show up at school again if I don't make the cheerleading squad.</b></p>	<p><b>Everyone can dance better than me.</b></p>
<p><b>I hate my hair. I just know everyone thinks I'm ugly.</b></p>	<p><b>If I don't get straight A's, I'm a complete failure.</b></p>	<p><b>My brother never gets in trouble. My parents like her better than me.</b></p>	<p><b>If I don't get that job, then I'm a failure.</b></p>

<p><b>If I don't get into my dream college, I give up. I can't bear the thought of having to go somewhere else.</b></p>	<p><b>I won't be able to handle it if I don't win that contest!</b></p>	<p><b>I'm the only person who ever gets in trouble at this school. It's not fair!</b></p>	<p><b>Who cares that I won an award. It's not that special.</b></p>
<p><b>I hate substitute teachers. I shouldn't have even come to school today.</b></p>	<p><b>I only won that homework pass because my teacher felt bad for me.</b></p>	<p><b>I can't believe I overslept. This day is going to be horrible.</b></p>	<p><b>I have to be liked by everyone. Otherwise there's no point in even having friends.</b></p>
<p><b>So what that I got a good grade. It doesn't mean I'm smart.</b></p>	<p><b>I just know that group of students is talking about me.</b></p>	<p><b>People never want to be around me.</b></p>	<p><b>If I don't have a boyfriend now, no one will ever love me.</b></p>