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<p>I'm really uncomfortable around people. Everyone probably thinks I'm weird.</p> <p>(emotional reasoning)</p>	<p>She looked at her watch while I was talking. I must be boring.</p> <p>(personalization)</p>	<p>I didn't get called to hang out with them. They must not like me.</p> <p>(personalization and jumping to conclusion – mind reading)</p>	<p>My teacher didn't ask me to help her out during lunch. She likes the other students better.</p> <p>(personalization and jumping to conclusion – mind reading)</p>
<p>I got a B on my science test. I always fail!</p> <p>(overgeneralization)</p>	<p>I can't believe I got a C. I'll never get into college!</p> <p>(catastrophizing or maximizing negatives)</p>	<p>I must make the varsity football team. Anything less is unacceptable.</p> <p>(shoulds/musts)</p>	<p>Everyone is a better singer than I am.</p> <p>(comparison)</p>
<p>All the other students are so much better at reading than I am.</p> <p>(comparison)</p>	<p>I'm either a straight A student or I'm a complete failure.</p> <p>(all or nothing)</p>	<p>My sister never gets in trouble. There must be something wrong with me.</p> <p>(comparison)</p>	<p>If I don't succeed as a doctor, I'll never find a good job.</p> <p>(all or nothing)</p>

<p>If I don't get into my dream college, I give up. I can't bear the thought of having to go somewhere else.</p> <p>(catastrophizing)</p>	<p>I just know I'll get kicked off the basketball team since I was late because my car wouldn't start this morning.</p> <p>(jumping to conclusions – fortune telling)</p>	<p>(after receiving 1 discipline referral)</p> <p>I always get in trouble. It's not fair!</p> <p>(overgeneralization)</p>	<p>Who cares that I scored 15 points. I could have done better.</p> <p>(minimizing positives)</p>
<p>I hate substitute teachers. I shouldn't have even come to school today.</p> <p>(maximizing negatives)</p>	<p>Today is a bad day. Nothing can possibly go well.</p> <p>(all or nothing)</p>	<p>My teacher likes the other students better. They didn't get a discipline referral!</p> <p>(jumping to conclusions – mind reading)</p>	<p>I shouldn't weigh more than 130 pounds, otherwise I'm fat.</p> <p>(shoulds/musts)</p>
<p>So what that I got a good grade. It doesn't mean I'm smart.</p> <p>(minimizing positives)</p>	<p>I just know that group of students is talking about me.</p> <p>(personalization or jumping to conclusions – mind reading)</p>	<p>Someone laughed at me once today. People are always laughing at me!</p> <p>(overgeneralization)</p>	<p>They probably sat at the other table so they didn't have to sit by me.</p> <p>(personalization)</p>