

Getting Ready...

- **I'm not going to make it on time.**
 - Try not to think in black-and-white. Even if I'm late, it's not a big deal.
 - It's better to be late than to not make it at all.
 - Try to think positive and take it one step at a time.
- **I am too tired.**
 - If I get up and start getting ready, I'll start to feel more energized.
 - Most people don't feel alert or awake until they get out the door. I'll feel less tired as the day goes on.
- **It's too stressful.**
 - Worrying is probably making it more stressful.
 - Just focus on one thing at a time and stay positive that I can get through it.
 - Even though it is stressful, I will be very proud of myself for getting to school.
- **I don't want to have to deal with people today.**
 - There is no way around it, since school involves other people.
 - It probably won't be as bad as I think.
 - These students are easier to be around than at my old school.
- **I can't find anything to wear.**
 - Don't fall into all-or-nothing thinking. I'm sure I can find *something* to wear.
 - I don't have to look good everyday.
 - Most people probably won't notice what I'm wearing anyway.
 - I can look casual today – nothing is wrong with that.

I'm actually going to be late...now what?

- **The teachers are going to think badly of me (“she’s late all the time”).**
 - It’s not a burden on them if I’m late. Honestly, they probably won’t even notice.
 - They will probably even be *happy* that I made it there.
 - They have never said anything mean or acted angry about it in the past...why would they do that now?
 - These teachers are more understanding than my previous ones.
 - Try not to mind-read...I can’t make assumptions about what they are thinking unless they come out and say it!
 - Other kids are late all the time.
- **The other students are going to think that I’m always late or irresponsible.**
 - They most likely won’t even notice that I’m late. They will be absorbed in their own work.
 - They have never said anything mean before, why would they do it now?
 - Even if they did think that...who cares?
 - These students are more understanding than at my last school.
 - Most people don’t judge someone based on whether they are late for school.
- **Everyone notices you 10 times more when you are late.**
 - Is this really the case, or am I falling into the thinking trap of “spotlighting” (feeling like the spotlight is on me)?
 - It is natural for people to look up from their desks when someone walks in...that doesn’t mean that they are really paying attention. They are probably bored and are looking for an excuse to be distracted.
 - Even if they look up, it will only last a few seconds. Then they will get back to doing their work.