

"I didn't get the job because I asked about sick days"
"It's your fault that the trip got cancelled"

"I feel anxious, so I must not be getting better"

"I should have known..."
"He/She should have been on time"
"The world should be fair"

"I'll freak out and no one will help"
"I'm going to make such a fool of myself, everyone will
laugh at me, and I won't be able to survive the embarrassment"

"I'm stupid"
"I'm a loser"

You believe your presentation was bad—one person
complained and you received many compliments.

"Others think I'm stupid"
"She doesn't like me"

"I always make mistakes"
"I am never good at public speaking"

"Anything less than perfect is a failure"
"I had a piece of chocolate cake. Now my diet
is completely ruined!"

"I know I'll mess up"
"I will not be able to manage my anxiety"