

# What's the Worst that Can Happen?

Explain the errors in this thinking, determine if the thoughts are realistic or not and explain why. Provide advice for each situation. List the probability of the worst happening as low, medium and high.



I'm not entering the race, I'll fall, then I'll get hurt so badly that I'll embarrass myself and probably never be able to run again!.



If I don't go to his birthday party, he'll never speak to me again and I'll never have any friends..



If I ask the question in class, everyone will see that I'm stupid and they'll laugh and I'll get sick and never be able to face anyone..



I have to live with my mom now because my parents split and I'll hate it and probably never see my dad again..