

Turn around the Negative Thinking?

Explain the errors in the thinking and provide advice for each situation. Are the thoughts realistic? Explain. Provide some advice for challenging the negative thoughts.



I will never understand this stuff. I'll never get it!



I'll never be happy now that my parents are divorcing. This is just miserable. Why are they doing this to me?



I wish we hadn't had that fight, I'm such a loser. Why did I even speak like that.



I hate the way I look! I don't even know how to dress!