

Turn Round Negative Thinking?

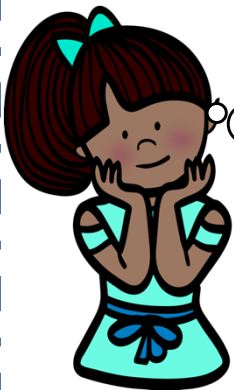
Explain the errors in the thinking and provide advice for each situation. Are the thoughts realistic? Explain. Provide some advice for challenging the negative thoughts.



I'm not going, nobody likes me and they think I'm weird. No point embarrassing myself.



My dog wouldn't eat today, he's probably sick and won't get better.



I really like the new girl that moved in but I doubt she'll have anything to do with me.



She's looking at me funny. I wish she'd stop. She thinks I'm stupid or something, I just know it.