

What If's Thinking?

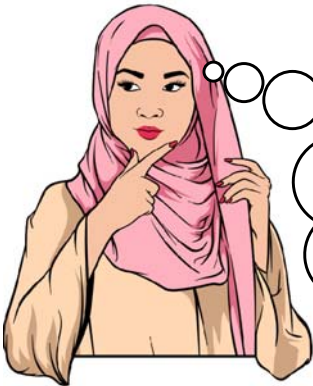
Explain the errors in the thinking and provide advice for each situation. Is the thinking realistic or not? Explain. Provide 2 what if ... then I will.... positive thinking statements.



What if the car crashes or what if we run out of gas in the middle of nowhere or what if we get lost?



What if nobody wants me in their group? What if I have to work alone and then the teacher gets angry with me?



What if they don't like me? What if they think I'm too weird? What if I never fit in?



What if I look like a fool when I ask? What if everyone laughs at me. What if I never have the guts to ask again?