# What ifs Thinking?

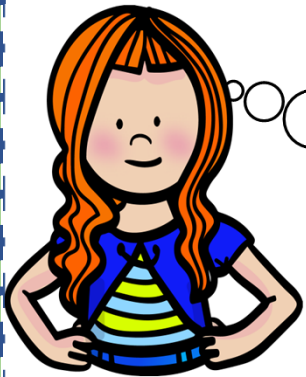**Explain the errors in the thinking and provide advice for each situation. Is the thinking realistic or not? Explain. Provide 2 what if …. then I will…. positive thinking statements.**
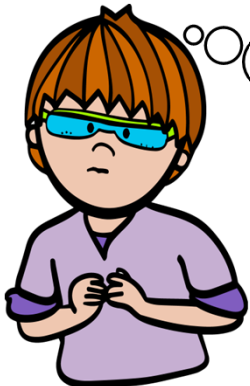
If I go, what if I get lost and what if nobody finds me and what if I never find my way back home?

What if I'm not ready for the test and what if I fail it?

But if I try out for the team, what if I'm lousy and what if everyone sees that?

But if I go, what if nobody helps me and what if I don't know anyone?