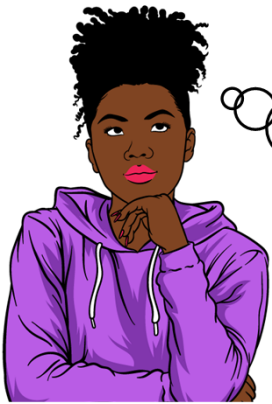


Exaggerated Thinking?

Explain the errors in the thinking and provide advice for each situation. For the exaggerated thoughts explain whether or not they are realistic. List the probability as high, medium and low for each and then state what is more likely to happen.



I'll fail the test, then I'll never pass anything and never be able to go to college.



I feel lousy. I bet I have cancer and I'll get really sick or else I have some other awful disease?



Why did they pick me? I am a lousy player, I'll never score a goal, I'll always play lousy.



She won't want to go, she'll say she's too busy and probably has better friends than me to go with, she likes everyone more than me!