

# 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.



There's a storm coming and I'm sure it will be bad and flood my house and the roof will fly off.



I don't understand my homework, the teacher will get mad at me and she'll think I wasn't even listening.



NO! I don't want to present today, I'm lousy everyone will laugh, they'll think I talk funny too.



I broke my arm and now I'll never be able to play baseball again and I'll probably never be able to even use my hand or arm!