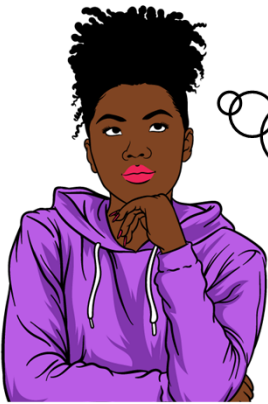


Helplessness!

Explain what's wrong with this thinking and provide advice for each situation. Replace the helpless thoughts with 'kinder' statements.



No point even trying. I can't do it, I don't get it so why bother.



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!