

IRRATIONAL VS RATIONAL THOUGHTS

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HOW AWFUL

THIS IS
DISAPPOINTING

I CAN'T STAND IT

I DON'T LIKE IT,
BUT I'LL DEAL

I'M STUPID!

WHAT I DID WAS
STUPID

HE STINKS!

HE IS NOT PERFECT
EITHER

THIS SHOULD NOT BE
HAPPENING

THIS HAD TO
HAPPEN, SINCE IT DID

I AM TO BE BLAMED

I AM AT FAULT, BUT
NOT TO BE BLAMED

THINGS ALWAYS
GO WRONG

SOMETIMES THINGS
GO WRONG

THINGS NEVER
WORK OUT

MORE OFTEN THAN
I'D LIKE, THINGS
DON'T WORK OUT

I SHOULD HAVE
DONE BETTER

I WISH I DID BETTER,
BUT I TRIED MY BEST

I AM A FAILURE

I AM A PERSON WHO
SOMETIMES FAILS

