

Negative Thoughts



When I make a mistake I might think



I am stupid



I am an idiot



I always do the wrong thing



everyone is better than me



something else



STOP

stop



When I make a mistake I should try to think



mistakes help me learn



everyone makes mistakes



now I know how to do this



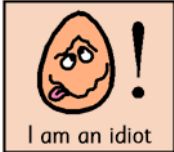
I can try again



When I don't understand something I might think



I am stupid



I am an idiot



I'll never understand this



everyone is smarter than me



something else



STOP

stop



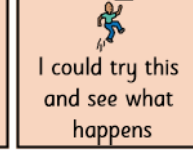
When I don't understand something I should try to think



I might need some help



I need this explained differently



I could try this and see what happens



I can try again



When I do the wrong thing, I might think



I'm a loser



I hate myself



everyone hates me



I can't do anything



something else



STOP

stop



When I don't understand something I should try to think



mistakes help me learn



everyone makes mistakes



now I know how to do this



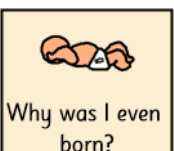
I can try again



Other negative thoughts



I'm a waste of space



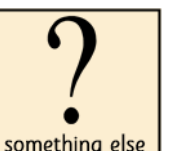
Why was I even born?



no one wants to be my friend



I'm annoying



something else



STOP

stop



When I don't understand something I should try to think



mistakes help me learn



everyone makes mistakes



now I know how to do this



I can try again

Communication Friendly @SchoolsNlc

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