

You apply for a job
you really thought
would be a good fit
but did not get hired.



All or Nothing Thinking

I can talk to my school
counselor and see if they can
link me with another job
opportunity. **+2**

I'll just wait and see if
something else comes
along. **+1**

The job market is so bad I
don't think I'll ever get
another job that pays as
good as this one. **+0**

A friend clearly read
the text you sent earlier
asking if they wanted to
hang out this weekend,
and they did not reply.



Jumping to Conclusions

They may get back to me or
they may not bother, it is
what it is.

+1

They're probably just busy
and will get back to me
when they can.

+2

They haven't responded so
they must not want to
hang out with me, maybe
they don't even like me.

+0

You failed an important test.



Labeling

I got a bad grade. Maybe I'll
do better next time.

+1

I am stupid, and a failure.

+0

I failed the test but now I
know I need to study more
and what areas I need to
improve on.

+2

Someone called you a
mean name.



All or Nothing Thinking

It was mean of them but I
can ignore it and think of
one positive thing about
myself. **+2**

It was a mean thing to do
but I try not to let it
influence me. **+1**

It was mean and I feel
devastated because I know
that they're always right
about people. **+0**

You join a sports team but
you're not as experienced
as the other players and it
shows.



Labeling

I tell myself that I am a
failure and I'm never going to
be as good as the others.

+0

I'm only as good as I am, so
I'm just going to have fun.

+1

I will work harder and
practice with some of the
other teammates to
improve.

+2

Your friend tells you
that they are harming
themselves.



Discounting the Positives

I can tell a trusted adult
who can help them. My
friend might be mad at
me but it's the right
thing to do.

+2

I can keep it a secret
because no matter what I
do I don't have the ability
to change things, I'm just
not capable.

+0

I can talk to my friend to
try to convince them to go
to an adult, which they may
or may not do.

+1

Your partner breaks
up with you.



All or Nothing Thinking

I'm nothing without them,
they made me smarter and
more popular than I am on
my own.

+0

Maybe this happened for a
reason, and I know I will
find someone else who
cares about me.

+2

I will find someone else
eventually.

+1