



**"I'M SUCH A FAILURE. I'LL NEVER
GET THIS RIGHT."**

**"I'M NOT GOOD ENOUGH FOR
ANYONE."**

**"THEY'RE ALL GOING TO LAUGH AT
ME."**





**"THERE'S NO POINT IN EVEN
STARTING, I'LL JUST GIVE UP
ANYWAY."**

"I WISH I COULD DISAPPEAR."

**"NOBODY WANTS TO BE MY
FRIEND."**





"I'M UGLY AND NOBODY LIKES ME."

"I'M NEVER GOING TO BE GOOD AT THIS."

"WHAT'S THE POINT OF TRYING TO MAKE NEW FRIENDS?"





**"WHY DO I ALWAYS HAVE TO MESS
THINGS UP?"**

"I'M SO CLUMSY."

**"I'M ALWAYS GOING TO BE A
LOSER."**





**"EVERYONE IS BETTER OFF
WITHOUT ME."**

"I'M NOT BRAVE OR STRONG."

**"THEY DIDN'T LAUGH AT MY JOKE,
SO I'M NOT FUNNY."**



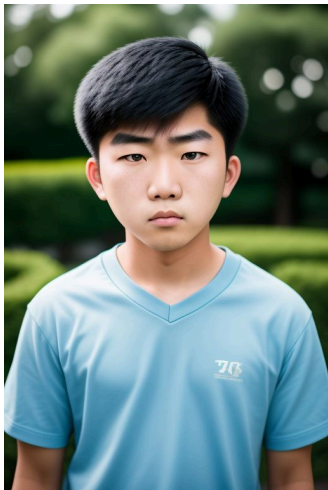


**"I GOT ONE QUESTION WRONG, SO
THE WHOLE TEST WAS A
DISASTER."**

"I'LL NEVER MAKE THE TEAM."

**"THEY DIDN'T LAUGH AT MY JOKE,
SO I'M NOT FUNNY."**





"MY DRAWING DOESN'T LOOK LIKE THEIRS, SO I HAVE NO TALENT."

"I'M TOO BAD AT MATH. I SHOULDN'T EVEN BOTHER WITH MY HOMEWORK."

"IT'S MY FAULT WE LOST THE GAME."





**"I'M SO DIFFERENT. NO WONDER
NOBODY LIKES ME."**

**"I'M ALWAYS THE LAST ONE TO
KNOW WHAT'S HAPPENING."**

**"IT'S MY FAULT THAT MY PARENTS
ARGUED."**





"MY TEACHER IS ALWAYS MAD AT ME, EVEN WHEN I DON'T DO ANYTHING WRONG."

"NOBODY PICKED ME FOR THEIR GROUP. I GUESS THEY DON'T LIKE ME."

"I DON'T BELONG HERE."





"IF IT'S NOT PERFECT, IT'S WORTHLESS. WHY EVEN BOTHER?"

"I DON'T EVEN KNOW WHO I AM. I JUST FEEL LOST."

"THIS ONE MISTAKE PROVES I'M NOT SMART/TALENTED/WORTHY."





"IF I OPEN UP TO PEOPLE, THEY'LL REJECT ME OR TAKE ADVANTAGE."

"I'M SO LAZY/PATHETIC. I DON'T DESERVE GOOD THINGS."

"NOTHING I DO MATTERS. WHAT'S THE POINT IN TRYING?"

