

Write down on a piece of paper all your negative thoughts and then challenge them.

NEGATIVE THOUGHT	CHALLENGE
I can't stand it.	I can stand it. It's difficult but I can put up with it. It is good for me.
I am just not good enough.	I am not perfect. Like everybody I am good at some things and not so good at others.
What is the point trying?	If I don't try, I won't know. Trying in itself will broaden my experience and skill. Nobody is expecting me to do it perfectly.
What if I make a mistake – it would be awful.	Everybody makes mistakes. It is good to make mistakes because that is the best way to learn.
I have nothing to say – I'm boring.	I have opinions, thoughts and feelings. I like reading and going out. Perhaps I need to improve my ability to express myself. I can practice.
If people really knew me they wouldn't like me.	There are things about me that are likeable and things that are unlikeable – just like everybody else.
Nobody likes me.	There are people who like me. I have had better relationships in the past and will in the future.
Everybody else has a better time than I do – they're all happy.	I don't know this for a fact. Just because they seem busier doesn't mean they are more satisfied.
It would be best if I stayed away from people because I'm no good at relationships.	If I stay away I don't give myself a chance. I'll probably be all right if I can just relax.
I might break down emotionally in front of people and feel ridiculous.	I have a good reason to be upset. People are a lot more understanding than I think. It would not be the end of the world. What is wrong with showing emotion?
I'm hopeless at everything. I'll never sort myself out like this.	Just take one step at a time. Totally condemning myself is nonsense. I've overcome more difficult problems than this.