

Believing the worst.

Thinking that what may happen will be so bad that it will be unbearable.

E.g. I won't be able to stand it if I don't get picked in the team.

- Describe a time when you have thought this way.

- Why do you believe that thinking this way may have caused you to arrive at decisions which really were not logical?

- What is one thing you could start doing to avoid thinking this way?

