

NEGATIVE THOUGHTS

I am stupid.

I never do anything right.

I am terrible at sports.

No one wants to be my friend.

Everything is hard.

I can't draw.

Everyone is mean.

My teacher always yells at me.

I hate math.

My big brother never wants to play with me.

Recess is boring.

I am the worst reader.

I am going to fail school.

I always get yelled at to do my chores at home.

I never do anything fun.