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Catastrophizing

1. We all make mistakes. When you make a mistake, instead of saying,"that's dumb or I'm dumb", say this:

*So I made a mistake, **but**, I can do better if I slow down and concentrate on what I need to do. The first step is to breathe.*

2. When taking a test: If you start to feel nervous or anxious say "*right on time, there is my fear. That is my trigger to breathe, relax my muscles and tell myself that I can do this. I'm going to answer the easy ones first, read each question carefully, and go back to the harder ones later*".

3. If you fail a test, instead of thinking, "I'm stupid, I will never get this stuff", think, "*It's just one test that my teacher made really hard. I will bring it up next time, if I study hard*"

4.