

**TEN THOUGHTS
GUARANTEED TO MAKE A BAD SITUATION WORSE**

1. I can't stand it.
2. It's not fair.
3. I should be able to control the behavior of kids, spouse and/or friends.
4. Feeling anxious and depressed is strange and awful.
5. Making mistakes is terrible.
6. It's terrible when things go wrong.
7. Life should be easier than it sometimes is.
8. When important people in my life don't care for/love me I should feel terrible.
9. My emotions can't be controlled.
10. I can't change what I think.

**TEN THOUGHTS
GUARANTEED TO INCREASE FEELINGS OF CONTROL**

1. I can stand what I don't like.
 2. Life isn't fair and there's no reason it has to be.
 3. I can't make other people happy.
 4. Feeling anxious, nervous or depressed is a part of being human.
 5. I do not have to be perfect. I have a right to fail.
 6. I don't create the conditions of life, but I do create my responses toward these conditions.
 7. Disappointments are not disasters.
 8. Other's rejection of me does not make me inferior in any way.
 9. Do it whether you feel like it or not.
 10. Lighten up, but don't give up.
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