

## A Teenager's Irrational Beliefs

I should always look like everybody else.

I should always not like everybody else.

If I don't get a date for the school dance, it will be awful and terrible.

My parents and teachers should always understand me, but they never do.

Parents and teachers cannot be understood.

If I make a mistake, it will be written on a billboard outside school and everyone will always remember.

Everyone else's hair and clothes always looks better than mine.

Everyone else always knows the proper thing to say or do in public. I never do.

No one besides me has ever felt dumb, ugly, stupid, and awful. When I feel that I am those things, that is what I call other people so that no one will know how I feel.

Life will always be just as it is right now.

Everyone should always like and accept me, no matter what I have to do to obtain their approval.

I cannot get pregnant.

I cannot become addicted to drugs or alcohol.

I will never die.