**Handouts 2: List of cases to analyse**

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| **Examples of automatic thoughts to be solved in group**: |
| * No matter if I was saying to go to the plaza, nobody did pay attention to me. They never listen to me.
* I failed three exams. Teachers have it in for me. There is no way...
* Erika has revealed my secret. You can't trust anyone.
* You can say what you want but people doesn't have the same rights, end of the story.
* I have asked support to a school mate but he doesn't want. Nobody wants to hear from me.
* Some people are bullying me and I don't know what to do. They say I'm a dum and I don't know what to do.
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