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

|  |
| --- |
| **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. |

**Contributor**: Aldaima