

FINDING THE ABC'S

1. I feel so angry! I should not be treated like this – arrested just for having a few drinks.	A: B: C:
2. I can't stand being rejected by her. Without her love I'm nothing. I took the overdose because it seemed so hopeless.	A: B: C:
3. Being fired is so depressing. I'll never get another job. This proves how useless I really am.	A: B: C:
4. It makes me incredibly anxious to think about giving this talk. I've got to do it well, otherwise I'll be shown up as a jerk.	A: B: C:
5. Anyone would be angry if they were treated like John treats me. He should know better.	A: B: C:
6. I got angry when I saw it. It's just not fair that this sort of thing can happen.	A: B: C:
7. I feel really put down; I can't understand this therapy. This proves how inadequate I am.	A: B: C:

