

Stop Game

Level 5

Help

Spells Cast: 8 / 10 | Progress: 5 / 22

Overgeneralization: Point out that generalizing based on certain negative performances can lead to overly negative perceptions about one's ability.

Merlynne

In 1a and already messing up my future. I missed my first 120l pre-lab quiz, I did bad in my phys lab, and to top it all off I just got caught smoking by my don.

Empathize with them, reframe their thought, then encourage them.

Merlynne

Oof! That is frustrating. But one bad slip wouldn't determine your future. |

Enter

Story