**Mentality Issues and Examples**

**Catastrophizing -- when someone assumes the worst-case scenario or thinks things are much worse than they actually are.**

Examples:

“If i don't get an internship, I'll never get a job”

“i'll never be able to find love”

**Anxiety**

Examples:

“What if I fail my class?”

“i can't stop thinking that i might have cancer or another serious disease”

**Negative Self Talk/Low Self Esteem**

Examples:

“I'm inerently unlikable”

“I'm bad at what I do”