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| **Negative Self - Talk** | **Fear of Failure** | **Pressure to Succeed** | **Time Management and Procrastination** | **Social Comparison** | **Perfectionism** | **Burnout and Exhaustion** | **Lack of Motivation** | **Fear of Future** |
| I'm not smart enough | What if I don't pass this exam? | My parents expect me to get straight A's | I don't have enough time to study for this exam | My friends seem to be doing so much better than me | I need to get an A+ on this assignment | I'm so tired of studying all the time | I don't see the point of studying for this exam | What if I don't get a good job after graduation? |
| I'll never be able to keep up | What if I fail this course? | My teachers expect me to excel in this subject | I'll just study for a few more hours and then I'll be fine | Everyone else seems to understand this material, why don't I? | I need to be perfect on this exam | I feel like I'm running on empty | I'm not interested in this subject, why do I have to take it? | What if I'm not able to achieve my career goals? |
| I'm a failure | What if I don't meet the grade requirements? | I need to get into a top-tier university to be successful | I'll start studying tomorrow, I promise | I'm the only one who's struggling in this class | I'll never be satisfied with anything less than perfection | I'm so overwhelmed, I don't know how much more I can take | I feel like I'm just going through the motions | What if I'm not able to support myself financially? |
| I'm not good enough | What if I'm not accepted into my desired program? | I need to maintain a high GPA to get scholarships | I'm so overwhelmed, I don't know where to start | I feel like I'm falling behind my peers | I'm so hard on myself when I make mistakes | I feel like I'm losing myself in all of this | I'm not motivated to do well in this class | What if I make the wrong choices and regret them later? |
| I'll never get into a good college/university | What if I'm not able to achieve my academic goals? | I need to impress my professors to get good recommendations | I'll just take a break and watch Netflix for a bit | I'm not as smart as my classmates | I feel like I'm not good enough unless I'm perfect |  | I feel like I'm stuck in a rut | What if I'm not able to find a job in my field? |
| I'll never get a good job | I'm afraid of making mistakes in front of the class |  |  |  |  |  |  |  |
| I'm wasting my time and my parents' money | I'm afraid to go to class |  |  |  |  |  |  |  |

**SERENI-TIME DATABASE**

**(PROBLEMATIC THOUGHTS)**

1. **ACADEMIC PRESSURE**
2. **CAREER PRESSURE**

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| **Fear of Unknown** | **Pressure to Succeed** | **Limited Job Opportunities** | **Expectations from Others** | **Fear of Failure** | **Pressure to Have it All Figured Out** | **Fear of Not Meeting Societal Expectations** |
| What if I don't know what I want to do with my life? | My parents expect me to get a high-paying job | What if I graduate and can't find a job? | My parents want me to pursue a certain career | What if I fail at my chosen career? | I feel like I need to have my entire career planned out | I feel like I need to conform to societal expectations of success |
| What if I choose the wrong career path? | I need to make a lot of money to support myself and my family | What if the job market is too competitive? | My friends are all going into high-paying careers | What if I'm not good enough to succeed? | I'm worried that I won't be able to achieve my long-term career goals | I'm worried that others will judge me if I don't achieve traditional markers of success |
| What if I'm not good enough for my chosen career? | I need to have a successful career to be happy | What if I'm not qualified for the jobs I want? | My professors expect me to excel in my chosen field | What if I make mistakes that can't be fixed? | I feel like I'm running out of time to figure out my career | I feel like I need to meet certain milestones by a certain age |
| What if I don't have the right skills or experience? | I'm worried that I won't be able to achieve my career goals | What if I have to settle for a job I don't want? | I feel like I'm disappointing others if I don't succeed | What if I'm not resilient enough to bounce back from setbacks? | I'm worried that I'll make the wrong choices and regret them later | I'm worried that I won't be able to provide for myself and my family |
| What if I'm not competitive enough in the job market? | I feel like I'm in competition with my peers to succeed | What if I'm stuck in a dead-end job? | I'm worried about what others will think of my career choices | What if I'm stuck in a career that I hate? | I feel like I need to have all the answers right now | I feel like I need to achieve a certain status to be respected |
|  | I need to stand out from the competition |  |  | I'm afraid of disappointing my family/friends | I feel paralyzed by indecision |  |
|  | I need to build a strong resume and network |  |  |  | I need to consider my long-term goals |  |
|  | I need to make the most of my life |  |  |  |  |  |

1. **SELF – ESTEEM AND IDENTITY EXPLORATION**

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| **Negative Self-Talk** | **Fear of Not Fitting In** | **Identity Crisis** | **Fear of Not Meeting Expectations** | **Comparison to Others** | **Fear of Being Authentic** | **Pressure to Conform** | **Fear of Making Mistakes** | **Self-Doubt** |
| I'm not good enough | What if I don't fit in with my peers? | Who am I, really? | What if I don't meet my parents' expectations? | Why can't I be more like them? | What if people don't like the real me? | I feel like I need to conform to societal norms | What if I make a mistake and ruin everything? | I doubt my abilities |
| I'm not smart enough | What if I'm not accepted by my social group? | What's my purpose in life? | What if I don't meet my teachers' expectations? | Why can't I achieve what they've achieved? | What if I'm not accepted for who I am? | I feel like I need to fit into a specific mold | What if I fail and disappoint everyone? | I doubt my intelligence |
| I'm not attractive enough | What if I'm rejected by others? | What are my values and beliefs? | What if I don't meet my own expectations? | Why can't I be as confident as they are? | What if I'm rejected for being different? | I feel like I need to be more like everyone else | What if I'm not perfect and make a mistake? | I doubt my worthiness |
| I'm not talented enough | What if I'm not popular enough? | What kind of person do I want to be? | What if I'm not living up to my potential? | Why can't I be as successful as they are? | What if I'm not brave enough to be myself? | I feel like I need to hide my true self | What if I'm not good enough and mess things up? | I doubt my potential |
| I'm not worthy of love and respect | What if I'm not liked by others? | What's my identity beyond my academic achievements? | What if I'm not achieving my goals? | Why can't I be as happy as they seem? | What if I'm not confident enough to express myself? | I feel like I need to pretend to be someone I'm not | What if I'm not careful enough and make a mistake? | I doubt my decisions |
| I don't have any unique talents or skills |  | I need to be independent and self-sufficient |  |  |  |  |  | I'm constantly seeking validation from others |
| I feel like a fraud (Imposter syndrome) |  | I need to create a meaningful life for myself |  |  |  |  |  |  |
| I'm not good enough to be liked |  |  |  |  |  |  |  |  |

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| **Peer Pressure** | **Body Image** | **Comparisons** | **Image in Society** | **Social media Image** | **Societal Expectations** | **Fear of Rejection** | **Bullying and Harassment** | **Social Isolation** | **Making New Friends** |
| What if my friends pressure me into doing something I don't want to do? | I hate the way I look | Why can't I  look like them? | What if people think I'm weird or different? | I need to post perfect photos to get likes and followers | I feel like I need to conform to societal norms | What if I'm rejected by my peers? | I'm scared of being bullied or harassed | I feel like I don't have any real friends | What if I don't make any friends in college? |
| What if I'm the only one who doesn't want to do something? | I'm not attractive enough | Why can't I be as popular as them? | What if I'm judged for my appearance or behavior? | I feel like I'm competing with others for attention on social media | I'm worried that I won't meet societal expectations | What if I'm turned down for a date or a relationship? | I'm worried that others will tease me or make fun of me | I'm worried that I'll be alone forever | What if I'm not good at making friends? |
| What if my friends think I'm weird or boring? | I'm too fat/thin/tall/short | Why can't I be more like them? | What if I'm not accepted by society? | I'm worried that people will judge me based on my social media posts | I'm anxious about what others will think of me if I don't meet expectations | What if I'm not good enough to be part of a team or club? | I feel like I'm walking on eggshells (to be very careful not to offend or upset someone) around certain people | I feel like I don't fit in with anyone | What if others don't want to be friends with me? |
| What if I'm forced to choose between my friends and my values? | I wish I had a different body type | Why can't I achieve what they've achieved? | What if I'm rejected for being different? | I feel like I need to present a perfect image online | I feel like I'm under pressure to succeed | What if I'm rejected for who I am? | I'm anxious about what others will say or do to me | I'm anxious about meeting new people | What if I'm too shy or awkward to make friends? |
| What if I'm not cool enough to hang out with my friends? | I feel like I don't measure up to societal beauty standards | Why can't I be as successful as they are? | What if I'm not good enough to fit in? | I'm anxious about what others will think of my social media posts |  | I'm afraid of saying or doing the wrong thing in front of others. | I feel like I'm not safe in my school or community | I feel like I'm invisible or unnoticed by others | What if I don't have anything in common with others? |
|  | I'm obsessed with my appearance and how others perceive me | I'm constantly comparing my life to others' curated online personas | I need to have a large group of friends (Social pressure to be popular and well liked.) | I need to be active on social media to stay connected |  | I'm afraid to speak up or share my opinions |  | I'm not good enough to be liked |  |
|  | I need to be physically attractive to be accepted |  |  | I need to have exciting experiences to share on social media |  |  |  | I feel like I'm the only one who isn't having fun |  |
|  |  |  |  | I need to maintain a strong social media presence. (Pressure to project an image of a fulfilling and exciting life) |  |  |  |  |  |

**4) SOCIAL CONCERNS**

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| **Fear of Missing Social Events** | **Fear of Missing Academic Opportunities** | **Fear of Missing Career Opportunities** | **Fear of Being Left Behind** | **Pressure to be Constantly Connected** | **Fear of Regret** | **Feeling Overwhelmed** |
| What if I miss a party or social gathering? | What if I miss a deadline for a scholarship or internship? | What if I miss a chance to network with important people? | What if my friends are moving forward with their lives and I'm not? | I need to be constantly connected to social media to stay up-to-date | What if I regret not taking a chance or opportunity? | I feel like I'm drowning in a sea of opportunities and responsibilities |
| What if my friends are having fun without me? | What if I don't get into a prestigious program? | What if I don't get a job offer from a top company? | What if I'm not keeping up with the latest trends and developments? | I need to respond to messages and emails immediately | What if I regret not being more involved in campus life? | I feel like I'm being pulled in too many different directions |
| What if I'm not invited to a important event? | What if I miss a chance to work with a renowned professor? | What if I miss a chance to gain valuable work experience? | What if I'm not learning new skills and knowledge? | I need to be available 24/7 to my friends and family | What if I regret not pursuing a particular career path? | I feel like I'm not able to keep up with everything |
| What if I miss a chance to meet new people? | What if I don't get to participate in a valuable research project? | What if I don't get to attend a career-defining conference? | What if I'm not achieving my goals as quickly as others? | I need to stay connected to the internet to stay informed | What if I regret not traveling or studying abroad? | I feel like I'm losing control and can't catch up |
| What if I'm left out of a group activity? | What if I miss a chance to study abroad? | What if I miss a chance to build a professional relationship? | What if I'm not living up to my potential? | I need to be constantly checking my phone for updates | What if I regret not taking more risks? | I feel like I'm constantly playing catch-up and can't get ahead |
| Everyone else is having more fun than me | I need to seize every opportunity that comes my way | |  |  |  |  |
| I need to have exciting experiences to share on social media |  |  |  |  |  |  |
| I need to be present at all social events. (Social pressure to be seen and involved) |  |  |  |  |  |  |

**5) FOMO (Fear of Missing Out)**

**6) OTHER ISSUES**

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| **Moving to a New Place** | **Homesickness** | **Independence** | **Managing Finances** | **Financial Instability** | **Relationships** | **Long-Distance Relationships** | **Breakups** |
| What if I don't like my new surroundings? | I miss my family, friends and old life so much | What if I'm not responsible enough to take care of myself? | What if I run out of money? | What if I'm not able to pay my bills? | What if I don't make any friends? | What if we grow apart? | What if I'm not able to get over my ex? |
| What if I get lost or struggle to navigate? | I wish I could go back home | What if I make mistakes or poor decisions? | What if I'm not good at budgeting? | What if I'm not able to afford the things I need? | What if I'm not able to maintain long-distance relationships? | What if we're not able to maintain communication? | What if I'm not able to move on? |
| What if I don't make any friends? | I feel so alone and isolated | What if I'm not independent enough? | What if I make financial mistakes? | What if I'm living paycheck to paycheck? | What if I'm not able to navigate conflicts or disagreements? | What if we're not able to trust each other? | What if I'm not able to forgive myself or my ex? |
| What if I'm homesick all the time? | I'm worried that I'll never adjust to this new place | What if I need to rely on others too much | What if I'm not earning enough? | What if I'm not able to achieve financial stability? | What if I'm not able to communicate effectively? | What if we're not able to make time for each other? | What if I'm not able to heal from the breakup? |
| What if I'm not prepared for the new environment? | I'm afraid of losing touch with my old friends | What if I'm not prepared for the freedom and responsibilities? | What if I'm not saving enough? | What if I'm not able to support myself? | What if I'm not able to set healthy boundaries? | What if we're not able to navigate the distance? | What if I'm not able to find someone new? |

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| **Animal-Related Excuses** | **Food-Related Excuses** | **Unrealistic Scenarios** | **Ridiculous Phobias** | **Bizarre Family Situations** |
| My dog ate my homework, and now I'm worried | I ate too much pizza and now I have a stomach ache. | I just found out I'm a superhero, and I have to save the world. | I'm scared of running out of battery life on my calculator. | My family's pet elephant is running for president. |
| My cat broke my video game controller, and I'm stressed | My cereal made me feel bad about myself. | My time machine broke, and now I'm stuck in the past. | I'm afraid of getting a paper cut from my notes. | My parents are spies, and they're using our house as a hideout. |
| I am worried that my cat was eating soap. | I spilled coffee on my notes and now they're ruined. | My pet rock is magic, and it's giving me weird visions. | I'm worried about getting stuck in the school elevator. | Our robot maid is broken, and it's causing trouble. |
| My parrot told the teacher my secrets, and I'm embarrassed. | I think I'm allergic to homework, and it's making me sick. | I have to give a presentation to aliens who are visiting Earth. | I'm scared of my pencil lead breaking during a test. | My sibling is a master of disguise, and they're always sneaking up on me. |
| My hamster is running a big race, and I have to help him. | My snack is judging me, and it's making me feel bad. | My robot clone is broken, and it's affecting my schoolwork. | I'm afraid of getting a splinter from the school desk. | Our haunted mansion is being renovated, and the ghosts are causing trouble. |
| My turtle is having a crisis, and it's affecting my schoolwork. |  |  |  |  |
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**7) HILLARIOUS AND UNREALISTIC PROMPTS**

**8) DARK HUMOUR PROMPTS**

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| **Dark Animal-Related Excuses** | **Dark Food-Related Excuses** | **Unrealistic Scenarios with a Dark Twist** | **Ridiculous Phobias with a Dark Twist** | **Bizarre Family Situations with a Dark Twist** |
| My dog ate my homework, and now he's possessed by the spirit of my failed education. | I ate a sandwich that was possessed by the ghost of my grandmother's disappointment. | I just found out I'm a superhero, but my powers are useless against the crushing despair of adulthood. | I'm scared of running out of battery life on my calculator because it's the only thing keeping me from descending into madness. | My family's pet elephant is running for president, but its campaign promises are just a thinly veiled attempt to distract us from the impending apocalypse. |
| My cat is plotting to kill me, and I'm too anxious to study. | My cereal is haunted by the spirits of all the sugary breakfasts I've had. | My time machine broke, and now I'm stuck in a never-ending loop of regret and disappointment. | I'm afraid of getting a paper cut from my notes because it's a reminder that even the smallest things can cause immense pain. | My parents are spies, but they're not working for any government – they're working for a shadowy organization that's secretly controlling the world. |
| My parrot is repeating my darkest secrets to the teacher, and I'm dying of embarrassment. | I spilled coffee on my notes, and now they're stained with the tears of my failed academic career. | My pet rock is magic, but it's using its powers to slowly drive me insane. | I'm worried about getting stuck in the school elevator because it's a metaphor for the existential dread of being trapped in a never-ending cycle of suffering. | Our robot maid is broken, and now it's just a reminder of the crushing loneliness of modern life. |
| My hamster is running a marathon to escape the existential dread of being a lab animal. | I think I'm allergic to homework because it's slowly sucking the soul out of me. | I have to give a presentation to aliens who are visiting Earth to study the art of human suffering. | I'm scared of my pencil lead breaking during a test because it's a reminder that even the smallest mistakes can have catastrophic consequences. | My sibling is a master of disguise, but they're not using their powers for good – they're using them to manipulate and control those around them. |
| My turtle is having a crisis because it realized it's been living in a tiny tank its whole life. | My snack is judging me, and it's right – I'm a disappointment to myself and others. | My robot clone is broken, and now it's haunting me with its cold, dead eyes. | I'm afraid of getting a splinter from the school desk because it's a reminder that even the most mundane objects can cause harm. | Our haunted mansion is being renovated, but the ghosts are just a manifestation of the dark secrets and lies that our family has been hiding for generations. |