

"I'm just not good at math."

"I'll never be as good at soccer as they are."

"I got a bad grade, so I'm not smart enough
for this class."

"This is too hard. I'm just going to give up."

"I don't like getting feedback on my work
because it feels like criticism."

"I already know how to do this, so I don't need
to try any harder."

"I'm too shy to speak in front of the class."

"My drawing looks terrible, and I can't fix it."

"People are either creative or they're not.
I'm not."

"I made a mistake, so I'm just a failure."