



Self-Critical thought/ comparison thought 	What does the evidence say? 	Alternative explanations 
<p>Example: I could not finish a piece of work today, I am useless and not good at my job, if I keep doing this, I will lose my job. I will continue working until it is done, no matter how late or other commitments I might have.</p>	<p>I did not finish all my work. I was very busy. I have had a lot on my mind.</p>	<p>It was just too much to get done. I tried my best. If this happens too often, I will let my boss know my workload is too heavy.</p>