

COMMON ANXIOUS THOUGHTS ABOUT TESTS

1. If I don't do well on this test/paper, I will certainly flunk the class.
2. If I don't do well on this test/paper, people (family, friends, the professor) will think less of me.
3. If I don't do well on this test/paper, I will feel extremely miserable.
4. If I don't do well on this test/paper, it means I am "dumb & stupid."
5. Other people are doing much better than I am. No one else is having trouble. I am alone.
6. If I don't do well on this test/paper, I won't do well on future tests/papers.
7. Because I am interested in this material, I should do well.
8. Because I've done well in the past, I should do well.
9. Because lots of people expect me to do well, I should do well.
10. I must know all the material in order to get an A.
11. Success is defined by GPA.
12. Women and men (or people of certain cultures) are particularly suited to specific types of courses and should do well in them.
13. In order to feel worthwhile, I need to be competent, intelligent, and successful.
14. In order to be liked or loved, I need to be competent, intelligent, and successful.
15. Life is always fair.
16. If I can't answer the first question, I will probably fail the test.
17. If I can't concentrate well as I study, I will probably fail the test.
18. To do a good job on an essay, I must sound lofty and use big words.