Negative Thoughts: Coping Statements

1. I'm going to run out of time.

2. I should know this.

3. This is a very bad situation.

4. What will the test results mean?

5. What will others think about my grade?

6. I didn't do well on earlier test items, so I can't move on or continue.

7. Blaming: This is my professor's fault.

8. How are others doing? People are finishing earlier than I am.