

What Would My Best Friend Say

Current Automatic Thought	What would I tell my best friend who was having this same thought?	Is there a reason why I don't deserve the same compassion as my best friend?
I don't want to go to the party because I look terrible in everything I own.	People don't care about what you look like, they care about visiting with you. Put on something you feel comfortable in and come be with loved ones.	NO

