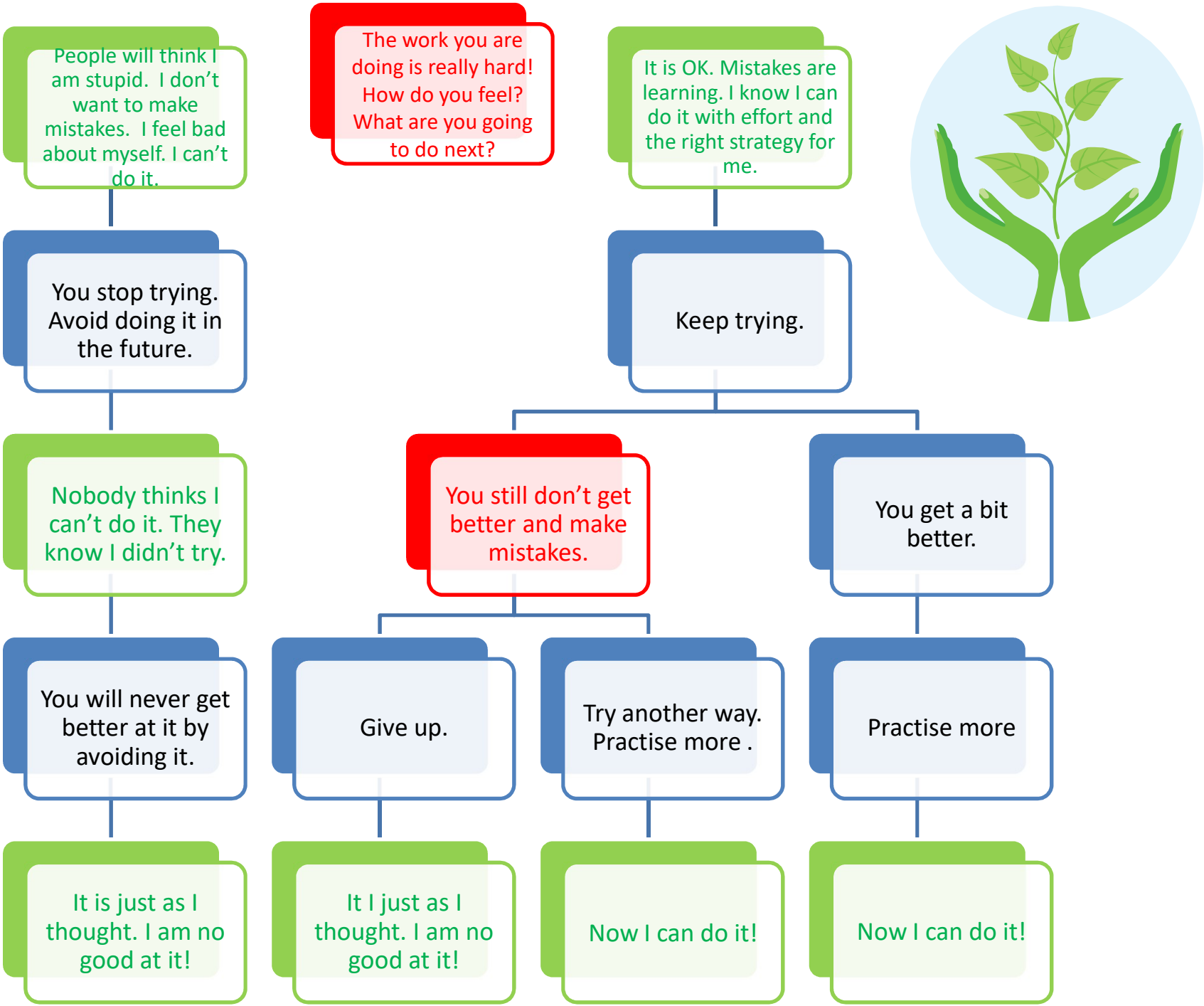
The work you are doing is really hard! How do you feel? What are you going to do next?
People will think I am stupid. I don't want to make mistakes. I feel bad about myself. I can't do it.
You stop trying. Avoid doing it in the future.
Nobody thinks I can't do it. They know I didn't try.
You will never get better at it by avoiding it.
It is just as I thought. I am no good at it!
It is OK. Mistakes are learning. I know I can do it with effort and the right strategy for me.
Keep trying.
You still don't get better and make mistakes.
You get a bit better.
Give up.
Try another way. Practise more .
Practise more
It I just as I thought. I am no good at it!
Now I can do it!
Now I can do it!