Common Statements Of Human Misery

Bad things can happen at any time.
Because I can't control _____ (person, thing, process), there is no point in trying to control anything
Because I could be in danger at any time I must maintain control at all times.
I am powerless to prevent catastrophe.
I am weak.
I can't handle this situation.
I can't let my guard down.
I can't stand these feelings.
I must always he on the alert.
I should be over this by now.
I should have been able to handle the situation.
I should have been able to prevent _____
I won't be able to stand pain, loss, discomfort, not knowing.
I'm a bad person.
I'm helpless.
I'm in danger now.
I'm overwhelmed when I think about what happened.
It is better to avoid an potential dangerous, awkward, unpleasant, embarrassing situation than endure risk.
Life is meaningless.
No one cares.
No one will be there to help me if I need it.
Something terrible could happen at any minute.
The future is bleak.
The world is always unpredictable and dangerous.
What happened is my fault.
You can't trust anyone.