

第 1 章 人といるのが苦しいとき

01 人と比べてしまう

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02 友達にもややもする

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03 気まずい瞬間が嫌で人との関わりを避けてしまう

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04 仲間に入れないと感じる

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05 「いい人」症候群

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06 もやもやすことを言われた——受動的攻撃性

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07 親が理解してくれない（でも切り捨てられない）

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10 愛されると遠ざかりたくなる

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11 言い争いに勝ちたい

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12 助けてと言えない

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第 2 章 自分が嫌になったとき

13 自分を批判してしまう

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17 間違うのが怖い

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18 意志が弱い

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19 プレッシャーに負けそう

This is reframing in practice: For more on reframing competencies, challenges and emotions to help performance: C. N. Orson and R. W. Larson, 'Helping Teens Overcome Anxiety Episodes in Project Work: The Power of Reframing', *Journal of Adolescent Research*, 36(2), 2020, 127–53.

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第 3 章 気持ちをコントロールできないとき

20 考え過ぎてしまう

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22 大切な人を亡くして立ち上がれない

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23 何のために生きているのかわからない

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25 後悔ばかりしてしまう

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26 怒りの爆発がとめられない

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