

SORT INTO THREE CATEGORIES: EMOTIONAL, RATIONAL, AND VALIDATING

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This is the most embarrassing thing ever.

Everyone was staring at me.

I never want to go back there again.

Don't let it get to you.

I know it's hard to be excluded.

You're getting loud, please lower your voice.

Of course, you're bothered by the situation.

You're getting loud. This must be upsetting you.

It's a bummer you didn't get the position.

You can always try again.

It's more important to have fun than to win.

You don't understand how awful it is.

It couldn't be worse.

That's silly to worry about.

It could be worse.