

Downward Arrow:

Thought: She gets to live this happy life after how she's manipulated and treated people poorly for years.

-She doesn't have to pay the price for what she has done. No consequences.

-There is no justice in this world.

-I have given time and energy doing the right thing for nothing.

Thought: It's not fair I have to work so hard just to get by.

-Other people have it much easier.

-I could have made different choices in life and could've had a different outcome.

-I made the wrong choices.