

## IDENTIFYING NEGATIVE THOUGHTS

Below is a list of common negative thoughts. Everyone has thoughts like these from time to time, but sometimes we say things like this to ourselves so often that we don't even notice it anymore. Look at the list below and put a check mark next to all of the thoughts that you've had recently.

I am wasting my life.

I am always so confused.

I am afraid of everything.

I'll be alone forever.

Something is wrong with me.

I'm ugly.

Nobody knows the real me.

I am a failure.

I don't have the ability to change.

No matter how hard I try, people aren't satisfied.

Why do I even bother getting up in the morning?

I wish I were dead.

I'll never be as good as \_\_\_\_\_.

\_\_\_\_\_

I am so stupid.

Nobody loves me.

What's the use?

That was a dumb thing for me to do (or say).

Life has no meaning.

It's all my fault.

I am worthless.

I never do anything right.

I hate myself.

Life is unfair.

Things are only going to get worse.

I'll never have any good friends.

Bad things always happen to me.

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