

AUTOMATIC NEGATIVE THOUGHTS



No one likes me.

I'm a loser.

Nobody cares.

I just know this is going to be awful.

It's all my fault that she's upset.

I always get in trouble.

What if everyone laughs at me?

Everyone hates me.

I shouldn't have made that mistake.

I can't do this.

He always tries to get me angry.

I'm a bad person.

I'm so dumb.

Why does this always happen to me?

I hate myself.

Everyone is always out to get me.

I better not cry.

She always tries to control me.

No one understands me.

Now everything is ruined.

I will never be any good.

My life is terrible.

WAYS TO CHALLENGE NEGATIVE THOUGHTS

What is a more helpful thought?

What is another possibility?

What would the people who care about me say?

What is the worst that could really happen?

If my friend had this thought, what would I tell them?

Can I be 100% sure this is true?

If the worst really did happen, what could I do to deal with it and who could help me?

What is the best possible outcome?

