Automatic Thoughts Checklist

actions: Place a check mark beside each negati	ve automatic	thought that	you have h	ad in the pas	st 2 weeks.
_ I should be doing better in life.					
He/she doesn't understand me.					
I've let him/her down.					
I just can't enjoy things anymore.					÷ ,
Why am I so weak?	ad I				
I always keep messing things up.	[* · · · · · · · · · · · · · · · · · · ·				
My life's going nowhere.					
I can't handle it.	<u> </u>				
I'm failing.					
It's too much for me.		jes.			
I don't have much of a future.					
Things are out of control.		Š.			
I feel like giving up.					
Something bad is sure to happen.				-	
There must be something wrong with me.					
	_ I should be doing better in life He/she doesn't understand me I've let him/her down I just can't enjoy things anymore Why am I so weak? _ I always keep messing things up My life's going nowhere I can't handle it I'm failing It's too much for me I don't have much of a future Things are out of control I feel like giving up Something bad is sure to happen.	_ I should be doing better in life He/she doesn't understand me I've let him/her down I just can't enjoy things anymore Why am I so weak? _ I always keep messing things up My life's going nowhere I can't handle it I'm failing It's too much for me I don't have much of a future Things are out of control I feel like giving up Something bad is sure to happen.	_ I should be doing better in life He/she doesn't understand me I've let him/her down I just can't enjoy things anymore Why am I so weak? _ I always keep messing things up My life's going nowhere I can't handle it I'm failing It's too much for me I don't have much of a future Things are out of control I feel like giving up Something bad is sure to happen.	_ I should be doing better in life He/she doesn't understand me I've let him/her down I just can't enjoy things anymore Why am I so weak? _ I always keep messing things up My life's going nowhere I can't handle it I'm failing It's too much for me I don't have much of a future Things are out of control I feel like giving up Something bad is sure to happen.	He/she doesn't understand me. I've let him/her down. I just can't enjoy things anymore. Why am I so weak? I always keep messing things up. My life's going nowhere. I can't handle it. I'm failing. It's too much for me. I don't have much of a future. Things are out of control. I feel like giving up. Something bad is sure to happen.

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