

Automatic Thoughts Checklist

Instructions: Place a check mark beside each negative automatic thought that you have had in the past 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?
- 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.
- There must be something wrong with me.