

IDENTIFY NEGATIVE THOUGHTS.

Track your thoughts for a few days, both your positive and your negative thought, to get a better insights in your mind, as it. According to the Automatic Thoughts Questionnaire (ATQ-30) developed by Steven Hollon and Philip Kendall in 1980, some examples of negative automatic thoughts include:

- "I feel like I'm up against the world."
- "I'm no good."
- "Why can't I ever succeed?"
- "No one understands me."
- "I've let people down."
- "I don't think I can go on."
- "I wish I were a better person."
- "I'm so weak."
- "My life's not going the way I want it to."
- "I'm so disappointed in myself."
- "Nothing feels good anymore."
- "I can't stand this anymore."
- "I can't get started."
- "What's wrong with me?"
- "I wish I were somewhere else."

- "I can't get things together."
- "I hate myself."
- "I'm worthless."
- "Wish I could just disappear."
- "What's the matter with me?"
- "I'm a loser."
- "My life is a mess."
- "I'm a failure."
- "I'll never make it."
- "I feel so helpless."
- "Something has to change."
- "There must be something wrong with me."
- "My future is bleak."
- "It's just not worth it."
- "I can't finish anything."