

Recognizing Automatic Thoughts

On a scale of 1-5, rate how often you have these thoughts, and how much you actually believe them or buy into them.

	How often? (1=never, 5=very often)	How much do you believe it? (1=not at all, 5=absolutely true)
Nothing will ever get better.		
I can't stand this anymore.		
I'm not good enough.		
There is something wrong with me.		
I'm such a loser.		
The world is a terrible place.		
I wish I was never born.		
Why bother with anything.		
It's just not worth it.		
Everyone else is better off than me.		
Why does everything always happen to me?		
I just can't do anything right.		
I hate myself.		
People are such jerks.		
No one cares about me.		
I'll never be loved.		
I'm unlovable.		
I just can't do this anymore.		
Life sucks.		
Things will never get better.		
I'll never stop feeling this way.		
My life is over.		
I'm a bad person for all the awful things I've done in the past.		