



Examples of Harmful/Negative Thoughts

EXAMPLES OF HARMFUL/NEGATIVE THOUGHTS

- 1. I will never be physically healthy.
- 2. I am confused.
- 3. There is no love in the world.
- 4. I have wasted my life.
- 5. I am a coward
- 6. Nobody loves me.
- 7. I'll end up living all alone.
- 8. People don't consider friendship important anymore.
- 9. I don't have any patience.
- 10. What's the use?
- 11. That was a dumb thing for me to do.
- 12. I'll will be a burden to others.
- 13. Anybody who thinks I'm nice doesn't know the real me.
- 14. Life has no meaning.
- 15. I am ugly.
- 16. I can't express my feelings.
- 17. I'll never find what I really want.
- 18. I am not capable of loving.
- 19. I am worthless.
- 20. It's all my fault.
- 21. Why do so many bad things happen to me?
- 22. I can't think of anything that would be fun.
- 23. I don't have what it takes.
- 24. Bringing kids into the world is cruel because life isn't worth living.
- 25. I'll never get over this depression.
- 26. Things are so messed up that doing anything about them is pointless.
- 27. I don't have enough willpower.
- 28. Why even bother getting up?
- 29. I wish I were dead.
- 30. I wonder if they are talking about me?
- 31. Things are just going to get worse.
- 32. I have a bad temper.
- 33. No matter how hard I try, people aren't satisfied.
- 34. Life is unfair.
- 35. I'll never make good money.
- 36. I don't dare imagine what my life will be like in ten years.
- 37. There is something wrong with me.
- 38. I am selfish.
- 39. My memory is lousy.
- 40. I am too sensitive.