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 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.