AUTOMATIC NEGATIVE THOUGHTS

I'm a loser.

No one likes me.

I just know this is going to be awful.

Nobody cares.

It's all my fault that she's upset.

I always get in trouble.

What if everyone laughs at me?

Everyone hates me.

I shouldn't have made that mistake.

I can't do this.

He always tries to get me angry.

I'm a bad person.

I'm so dumb.

I hate myself.

Everyone is always out to get me.

Why does this always happen to me?

I better not cry.

She always tries to control me.

No one understands me.

Now everything is ruined

My life is terrible.

I will never be any good.

WAYS TO CHALLENGE NEGATIVE THOUGHTS

What is a more helpful thought?

What is another possibility?

What would the people who care about me say?

What is the worst that could really happen?

If my friend had this thought, what would I tell them?

Can I be 100% sure this is true?

If the worst really did happen, what could I do to deal with it and who could help me?

What is the best possible outcome?

WHOLEHearted
SCHOOL COUNSELING