Negative Thoughts Checklist

Negative thoughts can plague all of us at times, despite our best efforts.

They are often linked to our core beliefs, which are often subconscious and deeply ingrained. Because of this, such negative thoughts can often be recurring, popping up unconsciously to shape the way that we interpret situations.

They can thus give rise to many of the negative feelings we experience - even when we aren't aware of this process.

Taking some time to identify repetitive negative thoughts can help us recognize when they are influencing our mood. We can then take steps to challenge them and replace them with more helpful, realistic thoughts.

Work through this checklist of common negative thoughts and tick those you can relate to.

In the space provided, make a note of any other repetitive negative thoughts that you believe might apply to you.

Checklist of Common Negative Thoughts

Common Negative Thoughts	
I do not try hard enough.	
There's nothing I can do about it.	
I am not good enough.	
I am going to fail.	
It's going to be a disaster.	
I can't deal with this.	
Nobody loves me.	
I don't deserve to be trusted.	
They are better than me.	
I shouldn't feel like this.	
I don't deserve good things.	

I am damaged.	
I'll never achieve that.	
I'm powerless.	
Other thoughts...	

Who Said That?

Now take some time to consider where your negative thoughts might be coming from. What core belief might be at play behind this thought?

Are they possibly associated with a past experience or person? Can you "hear" them in your head, perhaps in a certain voice? Can you identify several recurring negative thoughts with a similar 'theme'?

List the negative thoughts that you recognized in the left-hand column below. Beside it, in the right-hand column, note down where you feel they might be coming from.

Negative Thought	Core Belief/Source
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