Automatic Thoughts Checklist

the past 2 weeks.	
I should be doing better in life.	
He/she doesn't understand me.	
I've let him/her down.	
I just can't enjoy things anymore.	
Why am I so weak?	
I always keep messing things up.	
My life's going nowhere.	
I can't handle it.	
I'm failing.	
It's too much for me.	
I don't have much of a future.	
Things are out of control.	
I feel like giving up.	
Something bad is sure to happen.	
There must be something wrong with me.	

Instructions: Place a check mark beside each negative automatic thought that you have had

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