

Common Negative Thoughts and Beliefs People Struggle With.

About the self

- “I’m not good enough.”
- “I’m a failure / I always mess things up.”
- “I’m unlovable / no one would want me if they really knew me.”
- “I’m broken / damaged goods.”
- “I don’t deserve good things.”
- “I’m a fraud and eventually everyone will find out.”
- “I’m too much” or “I’m not enough.”
- “There’s something fundamentally wrong with me.”

About relationships and other people

- “People always leave.”
- “No one can be trusted.”
- “Everyone is judging me.”
- “I’ll end up alone.”
- “If I open up, I’ll be rejected or used.”
- “I’m a burden to others.”

About the future and possibility of change

- “Nothing ever works out for me.”
- “I’ll never change / this is just who I am.”
- “My past defines me and I can’t escape it.”
- “Things will only get worse.”
- “There’s no point in trying.”

About the world and meaning

- “The world is dangerous and people are mostly selfish.”
- “Bad things always happen to me.”
- “Life is pointless / nothing really matters.”
- “I have to be perfect or I have no value.”

Common thinking patterns that keep these beliefs alive

These are the mental habits that make the negative beliefs feel more true than they are:

- All-or-nothing thinking (“If I’m not completely successful, I’m a total failure”)
- Overgeneralization (“This always happens”)
- Catastrophizing (“This small setback means everything is ruined”)
- Mind-reading (“They definitely think I’m incompetent”)
- Personalization (“It’s my fault even when it isn’t”)
- “Should” statements (“I should be further along by now”)
- Emotional reasoning (“I feel worthless, so I must be”)