

Common Irrational Thoughts

- “Nobody loves me.”
- “Everything bad is my fault.”
- “What’s the use of trying?”
- “I am no good.”
- “I always say dumb things.”
- “I’ll never make any good friends.”
- “I’m stupid.”
- “There is something wrong with me.”
- “Something bad is going to happen.”
- “I can’t try this because I’ll be really embarrassed.”
- “I’ll never feel good again.”
- “I am worthless.”
- “There’s no point in getting up in the morning.”

Examples of How to Counter Irrational Thoughts with Positive Thoughts

- “Nobody loves me.” (*“Not everyone loves me, but I know that my mom and sister love me.”*)
- “Everything bad is my fault.” (*“Sometimes bad things just happen; it’s not always my fault.”*)
- “What’s the use of trying?” (*“There’s no harm in trying; if I don’t succeed, I will still be okay.”*)
- “I am no good.” (*“I’m not always good, but I am a good person.”*)
- “I always say dumb things.” (*“Sometimes I say really funny or smart things, too.”*)
- “I’ll never make any good friends.” (*“I’ve had friends before, and if I keep trying I’ll end up making another friend.”*)
- “I’m stupid.” (*“I may not be brilliant, but I am not stupid; there are lots of things I am good at.”*)
- “There is something wrong with me.” (*“Everyone has things about themselves they don’t like.”*)
- “Something bad is going to happen.” (*“Bad things happen, but not all the time; maybe something good will happen this time.”*)
- “I can’t try this because I’ll be really embarrassed.” (*“If I try this thing and it doesn’t work, I will survive—I’ve been through worse things than this before.”*)
- “I’ll never feel good again.” (*“I’ve felt good before and I think I can feel good again.”*)
- “I am worthless.” (*“Nobody is worthless.”*)
- “There’s no point in getting up in the morning.” (*“Every day is a new day; maybe things will be better today.”*)

Changing Irrational and Negative Thinking

- Identify your irrational and negative thought.
- Dispute these thoughts.
- Counter these thoughts with thoughts that are more realistic and positive.

***Changing the way you think
can help you change the way you feel!***