

# Negative Thoughts

*Check each negative thought that you have felt.*

## REJECTION OF MYSELF

- I am not good
- I am unloved
- I am all alone
- I am ugly
- I am inadequate
- I am a failure
- I feel cheap
- I feel used
- I will never amount to anything worthwhile
- I am hopeless
- I will never be any different
- I don't care
- I am worthless
- I am an idiot
- I should be able to do what's right
- I'm not worth anything
- It's all my fault, it's always my fault
- It's better to not do or say anything than to be wrong
- I don't know how to do anything right
- I should be able to make everything OK
- Something is wrong with me
- I'll never get it right
- I have nothing to offer
- I don't deserve anything anyway

## REJECTION FROM SPOUSE

- My spouse gets everything and I get nothing
- Everyone else is more important
- My spouse only married me for my body
- My spouse doesn't care what I think except when he/she doesn't know what to do

## REJECTION FROM PARENTS

- Nobody understands me
- I can't do anything right
- I don't measure up
- It's always my fault
- My parents did not love me

## REJECTION FROM CHILDREN

- I'm a lousy mother and homemaker
- They would all be better off without me
- Why did God give me children when He knew I couldn't raise them right

## REJECTION FROM OTHERS

- Nobody understands
- Nobody wants me around
- Nobody cares what I think or how I feel
- Everyone else is more important than me
- I am just dirt under their feet
- No one believes me
- If only I were better, others would like me
- Everybody hates me
- I'll never be appreciated or accepted
- Nobody loves me
- Everyone is smarter than I am
- I don't measure up

## REJECTION FROM GOD

- I know something bad is going to happen
- God can't love me, there's nothing to love
- He has no reason to want me
- I can't trust God, He's not trustworthy
- If God can't change me, I don't want to try anymore
- God won't hear my prayer if there is sin in my heart, so why bother to pray?
- God cares about everybody else but me
- God is never there when I need Him
- He always responds to me in anger
- He doesn't love me
- He is harsh and unloving
- He will send me to Hell
- I can never trust Jesus

## GIVING UP

- Life is too hard and painful
- There's no point in trying
- They'd all be better off without me
- I give up