

AUTOMATIC THOUGHTS QUESTIONNAIRE

Listed below are a variety of thoughts that pop into people's heads. Please read the list, and notice what happens as you do so.

Do you recognise any of them? Which thoughts feel most familiar to you?

When you feel very low, how often do thoughts like these occur? And how far do you believe them? How convincing do they seem?

And what about when you are feeling well? How often do the thoughts occur then? And how far do you believe them? How convincing do they feel?

- 1) I feel like I'm up against the world.
- 2) I'm no good.
- 3) Why can't I ever succeed?
- 4) No one understands me.
- 5) I've let people down.
- 6) I don't think I can go on.
- 7) I wish I were a better person.
- 8) I'm so weak.
- 9) My life's not going the way I want it to.
- 10) I'm so disappointed in myself.
- 11) Nothing feels good anymore.
- 12) I can't stand this anymore.
- 13) I can't get started.
- 14) What's wrong with me?
- 15) I wish I were somewhere else.
- 16) I can't get things together.
- 17) I hate myself.
- 18) I'm worthless.
- 19) I wish I could just disappear.
- 20) What's the matter with me?
- 21) I'm a loser.
- 22) My life is mess.
- 23) I'm a failure.
- 24) I'll never make it.
- 25) I feel so helpless.
- 26) Something has to change.
- 27) There must be something wrong with me.
- 28) My future is bleak.
- 29) It's just not worth it.
- 30) I can't finish anything.

When we feel low, thoughts like these often feel like "the truth" about us. But in fact they are symptoms of depression – just as a high temperature is a symptom of flu. Becoming aware, through mindfulness, that they are just "the voice of depression speaking" allows us to step back from them and begin to choose whether to take them seriously or not. Perhaps, in fact, we can learn simply to notice them, acknowledge their presence, and let them go.

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