



# THE COUNSELING AND WELLNESS C E N T E R

## Automatic Thought Checklist (Wright, Wright & Beck, 2004)

Place a check mark in the box where you have noticed this automatic thought in the past 2 weeks. There is also space for you to add a common automatic thought not listed here.

X	Automatic Thought
	I should be doing better in life.
	S/he doesn't understand me.
	I have let him/her down.
	I just can't enjoy things anymore.
	Why am I so weak?
	I always keep messing things up.
	My life is going no where.
	I cannot handle it.
	I am failing.
	It is too much for me.
	I do not 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.