

## LABELING THOUGHTS, FEELINGS, & SENSATIONS

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### SAMPLE AUTOMATIC THOUGHTS

## 50+ Examples of Positive and Negative Automatic Thoughts

So, how do automatic thoughts actually present themselves? Since automatic thinking research began with negative thoughts, we'll start with negative automatic thoughts.



According to the Automatic Thoughts Questionnaire (ATQ-30) developed by Steven Hollon and Philip Kendall in 1980, some examples of negative automatic thoughts include:

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| "I feel like I'm up against the world."     | "I can't get things together."           |
| "I'm no good."                              | "I hate myself."                         |
| "Why can't I ever succeed?"                 | "I'm worthless."                         |
| "No one understands me."                    | "Wish I could just disappear."           |
| "I've let people down."                     | "What's the matter with me?"             |
| "I don't think I can go on."                | "I'm a loser."                           |
| "I wish I were a better person."            | "My life is a mess."                     |
| "I'm so weak."                              | "I'm a failure."                         |
| "My life's not going the way I want it to." | "I'll never make it."                    |
| "I'm so disappointed in myself."            | "I feel so helpless."                    |
| "Nothing feels good anymore."               | "Something has to change."               |
| "I can't stand this anymore."               | "There must be something wrong with me." |
| "I can't get started."                      | "My future is bleak."                    |
| "What's wrong with me?"                     | "It's just not worth it."                |
| "I wish I were somewhere else."             | "I can't finish anything."               |

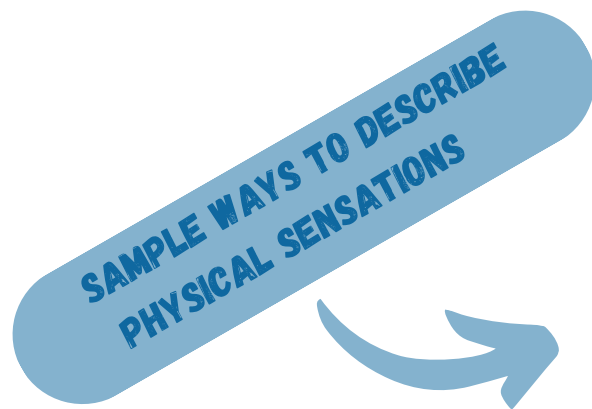
The revised version of the automatic thoughts questionnaire (ATQ-R) (Kendall et al., 1989), which is a measure still used as a basis for automatic thinking research (Koseki et al., 2013), lists the following positive items as additional examples of automatic thoughts (along with the 30 negative thoughts listed above):

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| "I'm proud of myself."                         | "I'm warm and comfortable."                                    |
| "I feel fine."                                 | " <u>I feel confident</u> I can do anything I set my mind to." |
| "No matter what happens, I know I'll make it." | "I feel very happy."   |
| "I can accomplish anything."                   | "This is super!"   |
| "I feel good."                                 | "I'm luckier than most people."                                |

According to Rick Ingram and Kathy Wisnicki (1988), some more examples of positive automatic thoughts include:

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| "I am respected by my peers."              | "I enjoy a challenge."                  |
| "I have a good sense of humor."            | "My social life is terrific."           |
| "My future looks bright."                  | "There's nothing to worry about."       |
| "I will be successful."                    | "I'm so relaxed."                       |
| "I'm fun to be with."                      | "My life is running smoothly."          |
| "I am in a great mood."                    | "I'm happy with the way I look."        |
| "There are many people who care about me." | "I take good care of myself."           |
| "I'm proud of my accomplishments."         | "I deserve the best in life."           |
| "I will finish what I start."              | "Bad days are rare."                    |
| "I have many good qualities."              | "I have many useful qualities."         |
| "I am comfortable with life."              | "There is no problem that is hopeless." |
| "I have a good way with others."           | "I won't give up."                      |
| "I am a lucky person."                     | "I state my opinions with confidence."  |
| "I have friends who support me."           | "My life keeps getting better."         |
| "Life is exciting."                        | "Today I've accomplished a lot."        |

HAPPY	SAD	ANGRY	CONFUSED	SCARED	WEAK	STRONG
alive	awful	aggravated	anxious	afraid	ashamed	active
amused	bad	annoyed	awkward	anxious	bored	aggressive
calm	blue	critical	baffled	fearful	confused	alert
cheerful	crushed	disgusted	bothered	frightened	defenseless	bold
content	depressed	enraged	crazy	horrified	discouraged	brave
delighted	disappointed	envious	dazed	insecure	embarrassed	capable
delirious	dissatisfied	fed up	disorganized	intimidated	exhausted	confident
ecstatic	disturbed	frustrated	disoriented	jumpy	fragile	determined
elated	down	furious	distracted	nervous	frustrated	energetic
excited	gloomy	impatient	disturbed	panicky (ed)	guilty	healthy
glad	hopeless	irritated	embarrassed	shaky	helpless	intense
good	hurt	mad	frustrated	shy	ill/sick	loud
great	lonely	mean	helpless	stunned	impotent	open
hopeful	lost	outraged	lost	tense	inadequate	positive
loving	low	pissed off	mixed up	terrified	insecure	potent
optimistic	miserable	resentful	panicky	threatened	lifeless	powerful
peaceful	pained	sore	paralyzed	timid	lost	secure
pleased	sorry		puzzled	uneasy	overwhelmed	solid
relieved	terrible		stuck	unsure	powerless	super
satisfied	uneasy		surprised	worried	run-down	tolerant
thankful	unhappy		trapped		shy/timid	tough
thrilled	unloved		troubled		tired	
wonderful	upset		uncertain		useless	
			unsure			



TINGLING, ITCHNESS, "PINS & NEEDLES" SENSATION, JITTERINESS	GENERAL DISCOMFORT, GENERAL RELAXATION, GENERAL ENERGY	DIFFICULTY WITH, OPTIMAL EXPERIENCE OF	LOOSENESS, WARMTH, HEAVINESS IN	TIGHTNESS, TENSION, STRENGTH
Hands	Head	Focusing vision	All muscles	Head
Fingers	Shoulders/Neck	Physical energy	Shoulders	Neck/Shoulders
Stomach	Stomach (Digestion)	Thinking clearly Concentrating	Legs/Arms	Chest
Legs	Lower Back	Holding back tears	Feet/Hands	Stomach/Abdomen
Feet	Upper Back	Staying awake	Core/Stomach	Arms/Legs
Chest	Eyes	Breathing deeply/ calmly	Back	Hands/Feet
Scalp	Face/Jaw	Sitting still	Head	Throat/Jaw