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’m no good.” “Why can’t I ever succeed?” “No one understands me.” “I’ve let people down.” “I don’t think I can go on.” “I wish I were a better person.” “I’m so weak.” “My life’s not going the way I want it to.” “I’m so disappointed in myself.” “Nothing feels good anymore.” “I can’t stand this anymore.” “I can’t get started.” “What’s wrong with me?” “I wish I were somewhere else.” | “I can’t get things together.” “I hate myself.” “I’m worthless.” “Wish I could just disappear.” “What’s the matter with me?” “I’m a loser.” “My life is a mess.” “I’m a failure.” “I’ll never make it.” “I feel so helpless.” “Something has to change.” “There must be something wrong with me.” “My future is bleak.” “It’s just not worth it.” “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 feel fine.” “No matter what happens, I know I’ll make it.” “I can accomplish anything.” “I feel good.” | “I’m warm and comfortable.” “[**I feel confident**](https://positivepsychology.com/self-confidence-self-belief/) I can do anything I set my mind to.” “I feel very happy.” “This is super!” “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 have a good sense of humour.” “My future looks bright.” “I will be successful.” “I’m fun to be with.” “I am in a great mood.” “There are many people who care about me.” “I’m proud of my accomplishments.” “I will finish what I start.” “I have many good qualities.” “I am comfortable with life.” “I have a good way with others.” “I am a lucky person.” “I have friends who support me.” “Life is exciting.” | “I enjoy a challenge.” “My social life is terrific.” “There’s nothing to worry about.” “I’m so relaxed.” “My life is running smoothly.” “I’m happy with the way I look.” “I take good care of myself.” “I deserve the best in life.” “Bad days are rare.” “I have many useful qualities.” “There is no problem that is hopeless.” “I won’t give up.” “I state my opinions with confidence.” “My life keeps getting better.” “Today I’ve accomplished a lot.” |