

# The Wall of Negative Self Talk

I can't remember names. It is going to be another one of those days. It's just no use. I just know it won't work. Nothing ever goes right for me. That's just my luck. I'm so clumsy. I don't have the talent. I'm just not creative. Everything I eat goes right to my waist. I can't seem to get organized. Today just isn't my day. I can never afford the things I want. I already know I won't like it. No matter what I do I can never seem to lose weight. I never have enough time. I just don't have the patience for that. That makes me real mad! Another blue Monday! When will I ever learn. I get sick just thinking about it. Sometimes I just hate myself. I'm just no good. I'm too shy. I never know what to say. With my luck I don't have a chance! I'd like to stop smoking, but I cannot seem to quit. Things just aren't working out for me right now. I don't have the energy I used to. I am really out of shape. I never have any money left over at the end of the month. Why should I try, it's not going to work anyways! I have never been any good at that. My desk is always a mess! The only kind of luck I have is bad luck. I never win anything. I feel like I am over the hill. Someone always beats me to it. Nobody likes me. I never get a break. It seems like I am always broke. Everything I touch turns to bleep. Nobody wants to pay me for what I am worth. Sometimes I wish I had never been born. I am just no good at math. I lose weight, then I gain it right back again. I get so depressed. I just can't seem to get anything done. Nothing seems to go right for me. I'm just not a salesman. That's impossible. There's just no way! I always freeze up in front of a group. I'm nothing without my first cup of coffee in the morning. I just can't get with it today. I'll never get it right. I just can't take it anymore! I hate my job. I get a cold this time every year. I'm just not cut out for that. I'm really at the end of my rope. I can't trust anyone anymore. I just can't handle this. I never seem to get anyplace on time. I've always been bad with words. If only I were smarter. If only I were taller. If only I had more time. If only I had more money.