

Negative Cognitions

RESPONSIBILITY

(I am defective)
I don't deserve love
I am a bad person
I am terrible
I am worthless (inadequate)
I am shameful
I am not lovable
I am not good enough
I deserve only bad things
I am permanently damaged
I am ugly (my body is hateful)
I do not deserve
I am stupid (not smart enough)
I am insignificant
(unimportant)
I am a disappointment
I deserve to die
I deserve to be miserable
I am different (don't belong)

RESPONSIBILITY (My Fault)

I should have done something"
I did something wrong"
I should have known better"
*What does this say about you?
(e.g., does it make you feel: I am shameful/ I am stupid/I am a bad person)

SAFETY/ VULNERABILITY

I cannot be trusted
I cannot trust myself
I cannot trust my judgment
I cannot trust anyone
I cannot protect myself
I am in danger
It's not OK to feel (show) my emotions

CONTROL/CHOICES

I am not in control
I am powerless (helpless)
I am weak
I'll never get what I want
I'm a failure (will fail)
I have to be perfect (please everyone)
I can't stand it
I am inadequate
I cannot trust anyone

Positive Cognitions

RESPONSIBILITY

I deserve love
I can have love
I am a good (loving) person
I am fine as I am
I am worthy
I am worthwhile
I am honorable
I am lovable
I'm deserving (I'm fine/OK)
I deserve good things
I am (can be) healthy
I am fine (attractive/lovable)
I can have (deserve)
I am intelligent (able to learn)
I am significant (important)
I am OK just the way I am
I deserve to live
I deserve to be happy
I am OK as I am

RESPONSIBILITY

I did the best I could
I learned (can learn) from it
I do the best I can (I can learn)

SAFETY/ VULNERABILITY

I can be trusted
I can (learn to) trust myself
I can trust my judgment
I can choose whom to trust
I can (learn to) take care of myself.
It's over; I am safe now
I can safely feel (show) my emotions

CONTROL/CHOICES

I can make my needs known
I am now in control
I now have choices
I am strong
I can get what I want
I can succeed
I can be myself
I can handle it
I am capable