

## **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)  
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