



LIST OF GENERIC NEGATIVE AND POSITIVE COGNITIONS

Negative Cognition

RESPONSIBILITY/I AM SOMETHING “WRONG”

I don't deserve love.
I am a bad person.
I am terrible.
I am worthless (inadequate).
I am shameful.
I am not loveable.
I am not good enough.
I deserve only bad things.
I am permanently damaged.
I am ugly (my body is hateful).
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/I DID SOMETHING “WRONG”

I should have done something.*
I did something wrong.*
I should have known better.*

SAFETY/VULNERABILITY

I cannot be trusted.
I cannot trust myself.
I cannot trust my judgment.
I cannot trust anyone.
I cannot protect myself.
It's not okay to feel (show) my emotions.
I cannot stand up for myself.
I cannot let it out.

CONTROL/CHOICE

I am not in control
I am powerless (helpless).
I am weak.
I cannot get what I want.
I am a failure (will fail).
I cannot succeed.
I have to be perfect (please everyone).
I cannot stand it.
I am inadequate.
I cannot trust anyone.

Positive Cognition

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 loveable.
I am deserving (fine/okay).
I deserve good things.
I am (can be) healthy.
I am fine (attractive/loveable).
I am intelligent (able to learn).
I am significant (important).
I am okay just the way I am.
I deserve to live.
I deserve to be happy.
I am okay as I am.

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

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.
I can safely feel (show) my emotions.
I can make my needs known.
I can choose to let it out.

I am now in control
I now have choices.
I am strong.
I can get what I want.
I can succeed.
I can succeed.
I can be myself (make mistakes).
I can handle it.
I am adequate.
I can choose whom to trust.

*Check: What does this say about you? (e.g., does it make you feel: I am shameful; I am a bad person?)