

NEGATIVE & POSITIVE COGNITIONS

NEGATIVE COGNITIONS

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 do not deserve.....
I am stupid (not clever enough)
I am insignificant (unimportant)
I am a disappointment
I deserve to die
I deserve to be miserable
I am different (don't belong)

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

I cannot be trusted
I cannot trust myself
I cannot trust my judgement
I cannot trust anyone
I cannot protect myself
I am in danger
It's not OK to feel (show) my emotions
I cannot stand up for myself
I cannot let it out

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 COGNITIONS

I deserve love
I am a good (loving) person
I am fine as I am
I am worthy; I am worthwhile
I am honourable
I am loveable
I am deserving (fine/OK)
I deserve good things
I am (can be) healthy
I am fine (attractive/loveable)
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

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 judgement
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)
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
I can handle it
I am capable
I can choose whom to trust