

Examples of Negative & Positive Cognitions

Responsibility/Defectiveness

Negative Cognitions

I'm not good enough
I don't deserve love
I am a bad person
I am incompetent
I am worthless/inadequate
I am shameful
I am not loveable
I deserve only bad things
I am permanently damaged
I am ugly/my body is hateful
I don't 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
I have to be perfect (out of inadequacy)

Positive Cognitions

I am good enough/fine as I am
I deserve love; I can have love
I am a good (loving) person
I am competent
I am worthy/worthwhile
I am honorable
I am loveable
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
I am fine the way I am

Responsibility/Action

Negative Cognitions

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

Positive Cognitions

I did the best I could
I learned/can learn from it
I do the best I can/I can learn
I'm fine as I am
I am adequate/strong

Safety/Vulnerability

Negative Cognitions

I cannot trust anyone
I cannot protect myself
I am in danger
I am not safe
I am going to die
It's not OK (safe) to feel/
show my emotions

Positive Cognitions

I can choose whom to trust
I can learn to protect myself
The danger is over; I am safe now
I am safe now
I am safe now
I can safely feel/show my emotions

Power/Control/Choice

Negative Cognitions

I am not in control
I am powerless/helpless
I cannot get what I want
I cannot stand up for myself
I cannot let it out
I cannot be trusted
I cannot trust myself
I cannot trust my judgment
I cannot succeed
I must be perfect
I can't handle it

Positive Cognitions

I am now in control
I now have choices
I can get what I want
I can make my needs known
I can choose to let it out
I can be trusted
I can/learn to trust myself
I can trust my judgment
I can succeed
I can be myself/make mistakes
I can handle it