COMMON NEGATIVE & POSITIVE COGNITIONS (BELIEFS)

**THEME NEGATIVE CORE BELIEFS ADAPTIVE (ADULT) CORE BELIEFS**

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| **Survival/ Existence** | *I’m a mistake I’m unwanted I’m unimportant I’m invisible*  *My needs don’t matter I’m defective I’m flawed I’m damaged*  *I don’t deserve to be loved/exist, etc. I’m discarded I’m betrayed It’s not safe to be me (authentic)*  *I’m different I don’t fit in/I don’t belong I’m going to die* | *I’m okay as I am and can get my needs met (survive regardless)*  *I have value and self-worth regardless and can get my needs met*  *I can accept myself, my strengths, and challenges and get my needs met (survive regardless)*  *I can learn when, how, much, and with whom I can be authentic/feel*  *I can find ways to survive/thrive and get my needs met regardless* |
| **Control** | *I’m powerless I’m helpless I’m trapped I have to be in control* | *I can control what I can even when... ...powerless*  *...helpless ...trapped ...out of control*  *I can begin to learn to let go of some control* |
| **Responsibility** | *I’m responsible for everything I’m not good enough I’m a failure I’m incompetent*  *I’m inadequate* | *I can recognize appropriate responsibility*  *I can begin to learn that I am not always responsible for other’s feelings...*  *...and survive regardless* |
| **Worthiness** | *I’m unlovable I’m worthless I’m unimportant I don’t matter My needs don’t matter I don’t fit in/I don’t belong* | *I’m lovable regardless I’m worthwhile regardless I have value and self-worth regardless I have value and can get my needs met I can learn with whom I can get my needs met I can survive/thrive regardless* |
| **Competency** | *I’m incompetent I’m a failure I’m inadequate* | *I’m competent I can learn from my mistakes I’m good enough* |
| **Vulnerability** | *I’m vulnerable I can’t trust my judgment I don’t fit in/I don’t belong I’m different I’m trapped/helpless/powerless* | *I can find ways to protect myself I can begin to learn to trust my judgment I can find ways to survive/thrive regardless I can accept my differences and survive I can control what I can even when...* |