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 defectiveI’m flawedI’m damaged* *I don’t deserve to be loved/exist, etc. I’m discardedI’m betrayedIt’s not safe to be me (authentic)* *I’m differentI 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 powerlessI’m helplessI’m trappedI 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 enoughI’m a failureI’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 unlovableI’m worthlessI’m unimportantI don’t matterMy needs don’t matterI don’t fit in/I don’t belong*  | *I’m lovable regardlessI’m worthwhile regardlessI have value and self-worth regardlessI have value and can get my needs metI can learn with whom I can get my needs met I can survive/thrive regardless*  |
| **Competency**  | *I’m incompetent I’m a failureI’m inadequate*  | *I’m competentI can learn from my mistakes I’m good enough*  |
| **Vulnerability**  | *I’m vulnerableI can’t trust my judgmentI don’t fit in/I don’t belongI’m differentI’m trapped/helpless/powerless*  | *I can find ways to protect myselfI can begin to learn to trust my judgmentI can find ways to survive/thrive regardless I can accept my differences and surviveI can control what I can even when...*  |