

List of Negative and Positive Cognitions

Negative Cognitions

Responsibility (I did Something Wrong)

I should have done something
I did something wrong

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 lovable
I am not good enough
I deserve only bad things
I cannot be trusted
I am stupid
I am insignificant (unimportant)
I am a disappointment
I deserve to die
I deserve to be miserable
I have to be perfect
I am permanently damaged
I am ugly (I am hateful/disgusting)
It's my fault - *past learned*
I'm going to die
There is something wrong with me
I'm broken
I should have known better
I am beyond forgiveness

- Safety/Vulnerability

I cannot trust myself
I cannot trust my judgment
I cannot protect myself
I am in danger
I am not safe

Control/Choice

I cannot succeed
I am not in control
I am powerless
I am weak
I am a failure (will fail)
I cannot stand it

Positive Cognitions

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

(I'm Okay)

I deserve love: I can have love
I am a good person
I am fine as I am
I am worthy: I am worthwhile
I am honorable
I am lovable
I am good enough
I deserve good things
I can be trusted
I have intelligence
I am significant (important)
I am Okay just the way I am
I deserve to live
I deserve to be happy
I can be myself (It is OK to be human)
I am (can be) healthy
I am fine as I am (attractive ...)
It's not my fault
I survived, I'm safe now
I'm fine as I am
I'm beginning to heal
I was too young to know. I'm human.
I am a good person

I can trust myself
I can trust my judgment
I can protect myself
I am safe now
It's over; I am safe now

I can succeed
I am now in control
I have power
I am strong
I can succeed
I can handle it