

“Greatest Hits List” of Negative & Positive Cognitions

NEGATIVE COGNITIONS

Responsibility

I should have known better
I should have done something
I did something wrong
I am to blame
I cannot be trusted
My best is not good enough

Safety

I cannot trust myself
I cannot trust anyone
I am in danger
I am not safe
I cannot show my emotions

Choice

I am not in control
I have to be perfect/please everyone
I am weak
I am trapped
I have no options

Power

I cannot get what I want
I cannot handle it/stand it
I cannot succeed
I cannot stand up for myself
I cannot let it out
I am powerless/helpless

Value

I am not good enough
I am a bad person./ I am terrible
I am permanently damaged
I am defective
I am worthless/inadequate
I am insignificant/I am not important
I deserve to die
I deserve only bad things
I am stupid
I do not belong
I am different
I am a failure
I am ugly/My body is ugly
I am alone

POSITIVE COGNITIONS

Responsibility

I did the best I could
I do the best I can with what I have
I did/do my best
I am blameless/I am not at fault
I can be trusted
I am okay/I do my best

Safety

I can trust myself
I can choose who to trust
I am safe now
I can create my sense of safety
I can show my emotions

Choice

I am in control
I have power now
I can help myself
I have a way out
I have options

Power

I can get what I want
I can handle it
I can succeed
I can stand up for myself
I can let it out
I am powerful

Value

I am good enough
I am a good person
I am restored/ I am sacred
I am whole
I am worthy
I am significant/ I am important
I deserve to live
I deserve only good things
I am smart
I can belong
I am special
I am a success
I am beautiful/My body is sacred
I am supported

