

## Negative and Positive Cognitions

I am not good enough

**I am good enough**

I am a bad person/ I am terrible

**I am a good person**

I am permanently damaged

**I am healthy and restored**

I am defective

**I am perfect as is**

I am worthless/inadequate

**I am valuable and lovable**

I am insignificant/I am not important

**I am important/ I am significant**

I deserve to die

**I deserve to be here**

I deserve only bad things

**I deserve great things**

I am stupid

**I am an intelligent human being**

I do not belong

**I do belong/I am valuable and unique**

I am different

**I am exactly as I should be**

I am a failure

**I am a success**

I am ugly/My body is ugly

**My body is beautiful and sacred**

I am alone

**I am supported**

I cannot trust myself

**I am trustworthy/ I can be trusted**

I cannot trust anyone

**I can choose who I trust**

I am in danger

**It's over and I am safe now**

I am not safe

**I have the power to create my own safety**

It's not safe to show my emotions

It's OK to show my emotions

I should have known better

I did the best I could with what I knew

I should have done something

I did the best I could with what I had

I did something wrong

I did my best

I am to blame

I am blameless

It's my fault

I am not at fault - no one is

My best is not good enough

I did the best I could with the info I had

**Write down any additional negative cognitions you are experiencing and then counter them with a positive cognition.**