

## LIST OF GENERIC NEGATIVE AND POSITIVE COGNITIONS

### *Negative cognitions*

### *Positive cognitions*

#### 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 am permanently damaged.  
 I am ugly (my body is hateful).  
 I do not deserve . . .  
 I am stupid (not smart enough).  
 I am insignificant (unimportant).  
 I am a disappointment.  
 I deserve to die.  
 I deserve to be miserable.  
 I am different (don't belong).

I deserve love; I can have love.  
 I am a good (loving) person.  
 I am fine as I am.  
 I am worthy; I am worthwhile.  
 I am honorable.  
 I am lovable.  
 I am deserving (fine/okay).  
 I deserve good things.  
 I am (can be) healthy.  
 I am fine (attractive/lovable).  
 I can have (deserve) . . .  
 I am intelligent (able to learn).  
 I am significant (important).  
 I am okay just the way I am.  
 I deserve to live.  
 I deserve to be happy.  
 I am okay as I am.

#### RESPONSIBILITY/I DID SOMETHING "WRONG"

I should have done something.  
 I did something wrong.  
 I should have known better.

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

#### SAFETY/VULNERABILITY

I cannot be trusted.  
 I cannot trust myself.  
 I cannot trust my judgment.  
 I cannot trust anyone.  
 I cannot protect myself.  
 I am in danger.  
 It's not okay to feel (show) my emotions.  
 I cannot stand up for myself.  
 I cannot let it out.

I can be trusted.  
 I can (learn to) trust myself.  
 I can trust my judgment.  
 I can choose whom to trust.  
 I can (learn to) take care of myself.  
 It's over; I am safe now.  
 I can safely feel (show) my emotions.  
 I can make my needs known.  
 I can choose to let it out.

#### CONTROL/CHOICE

I am not in control.  
 I am powerless (helpless).  
 I am weak.  
 I cannot get what I want.  
 I am a failure (will fail).  
 I cannot succeed.  
 I have to be perfect (please everyone).  
 I cannot stand it.  
 I am inadequate.  
 I cannot trust anyone.

I am now in control.  
 I now have choices.  
 I am strong.  
 I can get what I want.  
 I can succeed.  
 I can succeed.  
 I can be myself (make mistakes).  
 I can handle it.  
 I am capable.  
 I can choose whom to trust.