

Examples of Cognitions

NEGATIVE COGNITIONS

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 cannot trust myself
I cannot trust my judgment
I cannot succeed
I am not in control
I am powerless
I am weak
I cannot protect myself
I am stupid
I am insignificant (unimportant)
I am a disappointment
I deserve to die
I deserve to be miserable
I cannot get what I want
I am a failure (will fail)
I have to be perfect (please everyone)
I am permanently damaged
I am ugly (my body is hateful)
I should have done something
I did something wrong
I am in danger
I cannot stand it
I cannot trust anyone
I cannot let it out
I do not deserve

POSITIVE COGNITIONS

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
I deserve good things
I can be trusted
I can (learn to) trust myself
I can trust my judgment
I can succeed
I am now in control
I now have choices
I am strong
I can (learn) to take care of myself
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 get what I want
I can succeed
I can be myself (make mistakes)
I am (can be) healthy
I am fine (attractive/lovable)
I did the best I could
I learned (can learn) from it
It's over; I am safe now
I can handle it
I can choose who to trust
I can choose to let it out
I can have (deserve) . . .