

## 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) . . .