

Examples of Cognitions

NEGATIVE COGNITIONS

POSITIVE 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

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) . . .