

**NEGATIVE
COGNITIONS**

RESPONSIBILITY

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

SAFETY

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 OK to feel (Show) my emotions
I cannot stand up for myself
I cannot let it out.

DEFECTIVENESS

I don't deserve love

I am a bad person
I am terrible
I am worthless (inadequate)
I am shameful

**POSITIVE
COGNITIONS**

RESPONSIBILITY

I did the best I could

I learned (can learn) from it

I do the best I can (I can learn)

SAFETY

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

DEFECTIVENESS

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 honourable

**NEGATIVE
COGNITIONS**

DEFECTIVENESS

I am not loveable
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)

CONTROL

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

**POSITIVE
COGNITIONS**

DEFECTIVENESS

I am loveable
I am deserving (fine/OK)
I deserve good things

I am (can be) healthy
I am fine (attractive/loveable)
I can have (deserve)
I am intelligent (able to learn)

I am significant (important)

I am OK just the way I am
I deserve to live
I deserve to be happy
I am OK as I am

CONTROL

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