

Negative Cognitions Positive Cognitions

EXAMPLES OF NEGATIVE AND POSITIVE COGNITIONS

Responsibility/Defectiveness

I'm not good enough	I am good enough/fine as I am
I don't deserve love	I deserve love; I can have love
I am a bad person	I am a good (loving) person
I am incompetent	I am competent
I am worthless/inadequate	I am worthy; I am worthwhile
I am shameful	I am honorable
I am not lovable	I am lovable
I deserve only bad things	I deserve good things
I am permanently damaged	I am/can be healthy
I am ugly/my body is hateful	I am fine/attractive/
I do not deserve . . .	I can have/deserve . . .
I am stupid/not smart enough	I am intelligent/able to learn
I am insignificant/unimportant	I am significant/important
I am a disappointment	I am OK just the way I am
I deserve to die	I deserve to
live I deserve to be miserable	I deserve to be happy
I am different/don't belong	I am OK as I am
I have to be perfect (out of inadequacy)	I am fine the way I am

Responsibility: Action

I should have done something*	I did the best I could
I did something wrong*	I learned/can learn from it
I should have known better*	I do the best I can/I can learn
I am inadequate/weak	I am adequate/strong

***What does this say about you? (e.g., I am shameful/I am stupid/I am a bad person)**

Safety/Vulnerability

I cannot trust anyone	I can choose whom to trust
I cannot protect myself	I can learn to protect myself
I am in danger	It's over; I am safe now
I am not safe	I am safe now
I am going to die	I am safe now
It's not OK (safe) to feel/show my emotions	I can safely feel/show my emotions

Power/Control/Choice

I am not in control	I am now in control
I am powerless/helpless	I now have choices
I cannot get what I want	I can get what I want
I cannot stand up for myself	I can make my needs known
I cannot let it out	I can choose to let it