



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).....