

EXAMPLES OF NEGATIVE AND POSITIVE COGNITIONS

	NEGATIVE COGNITIONS	POSITIVE COGNITIONS
RESPONSIBILITY/ DEFECTIVENESS	<p><i>I'm not good enough.</i> <i>I don't deserve love.</i> <i>I am a bad person.</i> <i>I am incompetent.</i> <i>I am worthless/inadequate.</i> <i>I am shameful.</i> <i>I am not lovable.</i> <i>I deserve only bad things.</i> <i>I am permanently damaged.</i> <i>I am ugly/my body is hateful.</i> <i>I do not deserve....</i> <i>I am stupid/not smart enough.</i> <i>I am insignificant/unimportant.</i> <i>I am a disappointment.</i> <i>I deserve to die.</i> <i>I deserve to be miserable.</i> <i>I am different/don't belong.</i> <i>I have to be perfect (out of inadequacy).</i></p>	<p><i>I am good enough/fine as I am.</i> <i>I deserve love; I can have love.</i> <i>I am a good (loving) person.</i> <i>I am competent.</i> <i>I am worthy; I am worthwhile.</i> <i>I am honorable.</i> <i>I am lovable.</i> <i>I deserve good things.</i> <i>I am/can be healthy.</i> <i>I am fine/attractive/lovable.</i> <i>I can have/deserve....</i> <i>I am intelligent/able to learn.</i> <i>I am significant/important.</i> <i>I am OK just the way I am.</i> <i>I deserve to live.</i> <i>I deserve to be happy.</i> <i>I am OK as I am.</i> <i>I am fine the way I am.</i></p>
RESPONSIBILITY: Action	<p><i>I should have done something.*</i> <i>I did something wrong.*</i> <i>I should have known better.*</i> <i>*What does this say about you?</i> <i>(e.g. therefore, I am...)</i> <i>I am shameful/stupid/bad person.</i> <i>I am inadequate/weak.</i></p>	<p><i>I did the best I could.</i> <i>I learned/can learn from it.</i> <i>I do the best I can/I can learn.</i></p> <p><i>I'm fine as I am.</i> <i>I am adequate/strong.</i></p>
SAFETY/VULNERABILITY	<p><i>I cannot trust anyone.</i> <i>I cannot protect myself.</i> <i>I am in danger.</i> <i>I am not safe.</i> <i>I am going to die.</i> <i>It's not OK (safe) to feel/show my emotions.</i></p>	<p><i>I can choose whom to trust.</i> <i>I can learn to protect myself.</i> <i>It's over; I am safe now.</i> <i>I am safe now.</i> <i>I am safe now.</i> <i>I can safely feel/show my emotions.</i></p>
POWER/CONTROL/CHOICE	<p><i>I am not in control.</i> <i>I am powerless/helpless.</i> <i>I cannot get what I want.</i> <i>I cannot stand up for myself.</i> <i>I cannot let it out.</i> <i>I cannot be trusted.</i> <i>I cannot trust myself.</i> <i>I cannot trust my judgment.</i> <i>I am a failure/will fail. I cannot succeed.</i> <i>I have to be perfect/please everyone.</i> <i>I can't handle it.</i></p>	<p><i>I am now in control.</i> <i>I now have choices.</i> <i>I can get what I want.</i> <i>I can make my needs known.</i> <i>I can choose to let it out.</i> <i>I can be trusted.</i> <i>I can/can learn to trust myself.</i> <i>I can trust my judgment.</i> <i>I can succeed.</i></p> <p><i>I can be myself/make mistakes.</i> <i>I can handle it.</i></p>