

# EXAMPLES OF COGNITIONS

## **NEGATIVE COGNITIONS**

### **RESPONSIBILITY (I am defective)**

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 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)

### **RESPONSIBILITY (I did something wrong)**

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

What does this say about you? (e.g. does it make you feel; I am shameful/I am stupid/I am a bad person).

### **SAFETY/VULNERABILITY**

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

### **CONTROL/CHOICES**

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**

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 (fine/OK)  
I deserve good things  
I am (can be) healthy  
I am fine (attractive/lovable)  
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

I did the best I could  
I learned (can learn) from it  
I do the best I can (I can learn)

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

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