# ADDITIONAL EXAMPLES OF COGNITIONS

| NEGATIVE COGNITIONS | POSITIVE COGNITIONS |
|---|---|
| **Responsibility: Defective** | |
| *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 terrible* | *I am fine as I am* |
| *I am worthless (inadequate)* | *I am worthy; I am worthwhile* |
| *I am shameful* | *I am honorable* |
| *I am not lovable* | *I am lovable* |
| *I am not good enough* | *I am deserving (fine/OK)* |
| *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/lovable)* |
| *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* |
| **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)* |
| **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 trust anyone* | *I can choose whom to trust* |
| *I cannot protect myself* | *I can (learn to) take care of myself* |
| *I am in danger* | *It's over; I am safe now* |
| *I am not safe* | *I am safe now* |
| *It's not OK (safe) to feel (show) my emotions* | *I can safely feel (show) my emotions* |
| **CONTROL/CHOICES** | |
| *I am not in control* | *I am now in control* |
| *I am powerless (helpless)* | *I now have choices* |
| *I am weak* | *I am strong* |
| *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 out* |
| *I cannot be trusted* | *I can be trusted* |
| *I cannot trust myself* | *I can (learn to) trust myself* |
| *I cannot trust my judgment* | *I can trust my judgment* |
| *I am a failure (will fail)* | *I can succeed* |
| *I cannot succeed* | *I can succeed* |
| *I have to be perfect (please everyone)/I cannot stand it/I am inadequate/I cannot trust anyone* | *I can be myself (make mistakes)* |
| | *I can handle it* |
| | *I am capable I can choose whom to trust* |