

Negative Cognitions

NEGATIVE COGNITIONS

RESPONSIBILITY/DEFECTIVENESS

I'm not good enough
I don't deserve love
I am a bad person
I am incompetent
I am worthless/inadequate
I am shameful
I am not lovable
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
I have to be perfect (out of inadequacy)

RESPONSIBILITY: Action

*I should have done something**
*I did something wrong**
*I should have known better**
**What does this say about you?*
(e.g. therefore I am...)
I am shameful/I am stupid/I bad person
I am inadequate/weak

SAFETY/VULNERABILITY

I cannot trust anyone
I cannot protect myself
I am in danger
I am not safe
I am going to die
It's not OK (safe) to feel/show my emotions

POWER/CONTROL

I am not in control
I am powerless/helpless
I cannot get what I want
I cannot stand up for myself
I cannot let it out
I cannot be trusted
I cannot trust myself
I cannot trust my judgment
I am a failure/will fail
I cannot succeed
I have to be perfect/please everyone
I can't handle it (I'm out of control)