

## 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 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

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