

Examples of Cognition *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

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