Positive & Negative Cognitions List

Negative (Lies) Positive (Truth)

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 loveable I am loveable

I am not good enough I am deserving; I am a good person

I deserve only bad things I deserve good things

I cannot be trusted I can (learn to) trust myself

I cannot trust my judgment I can trust my judgment

I cannot succeed I can succeed

I am not in control I am now in control

I am powerless I now have choices

I am weak I am strong

I cannot protect myself I can (lean) to take care of myself

I am stupid I have intelligence

I am insignificant (unimportant) I am significant (important)

I am a disappointment I am okay the way I am

I deserve to die I deserve to love

I deserve to be miserable I deserve to be happy

I cannot get what I want I can get what I want

I am a failure I can succeed

I have to be perfect I can be myself

I am permanently damaged I am (can be) healthy

I am ugly I am attractive/loveable

I should have done something I did the best I could

I did something wrong I learned (can learn) from it

I am in danger It is over, I am safe now

I cannot stand it I can handle it

I cannot trust anyone I can choose who to trust

I cannot let it out I can choose to let it out

I do not deserve I can have (deserve)