

Negative Thoughts	Positive Thoughts
<p>RESPONSIBILITY (I am def active)</p> <p>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</p>	<p>RESPONSIBILITY</p> <p>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/okay) 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 okay just the way I am I deserve to live I deserve to be happy I am okay as I am</p>
<p>RESPONSIBILITY (I did something wrong)</p> <p>I should have done something I did something wrong I should have known better (what does this memory say about you? Does it make you feel ashamed, weak, bad?)</p>	<p>RESPONSIBILITY</p> <p>I did the best I could I learned (can learn) from it I do the best I can (I can learn)</p>
<p>SAFETY/VULNERABILITY</p> <p>I cannot be trusted I cannot trust myself I cannot trust my judgment 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</p>	<p>SAFETY/VULNERABILITY</p> <p>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 is 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</p>
<p>CONTROL/CHOICES</p> <p>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</p>	<p>CONTROL/CHOICES</p> <p>I am now in control I now have choices I am strong I can get what I want I can succeed I can be myself (make mistakes) I can handle it I am capable I can choose whom to trust</p>

