

List of Negative and Positive Cognitions

Theme	Negative Cognition	Positive Cognition
Safety/Vulnerability	<p>I can't protect myself (or loved ones).</p> <p>I'm not capable of telling whom I can trust.</p> <p>I am not safe <u>now</u>.</p> <p>I'm in danger <u>now</u>.</p>	<p>I can (learn to) protect myself. I am a survivor.</p> <p>I am safe <u>now</u>.</p> <p>I can choose whom to trust.</p> <p>It's over, I can move beyond it.</p>
Choices/Guilt	<p>I can't handle it.</p> <p>I can't stand it.</p> <p>I can't trust my judgment.</p> <p>I am helpless <u>now</u>.</p>	<p>I can handle it.</p> <p>I have choices now.</p> <p>I'm in charge of my reactions.</p> <p>I can (learn to) trust my judgment.</p>
Responsibility/Shame	<p>I'm bad. I'm unlovable. I'm worthless. I don't matter. I'm weak.</p> <p>I'm incompetent. It's my fault.</p> <p>I'm inadequate. I'm a failure.</p> <p>I should have done something/<u>known better</u>.</p>	<p>I'm good. I'm lovable. I'm good enough. I do matter.</p> <p>I'm competent. It's not my fault. I'm strong (enough).</p> <p>I'm adequate. I did the best I could.</p>
Connection/Belonging	<p>I can't connect. I don't belong. I am invisible.</p> <p>I'm different, and that's not okay.</p>	<p>I can connect. I deserve to belong. I deserve to be seen.</p> <p>I am myself, and that's okay.</p>

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