

## LIST OF GENERIC NEGATIVE AND POSITIVE BELIEFS

### Negative beliefs

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#### RESPONSIBILITY/ I AM SOMETHING "WRONG"

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 okay to feel (show) my emotions.  
I cannot stand up for myself.  
I cannot let it out.

#### CONTROL/ CHOICE

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.

### Positive beliefs

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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.

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

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 not 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.