

Worst
Bothers alot

Bad
Bothers abit

Neutral
Doesn't bother

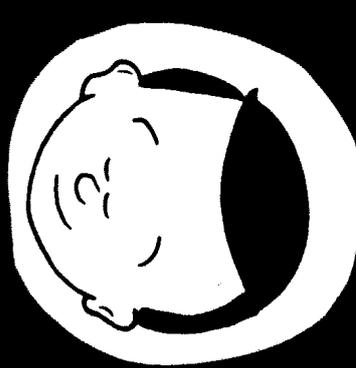
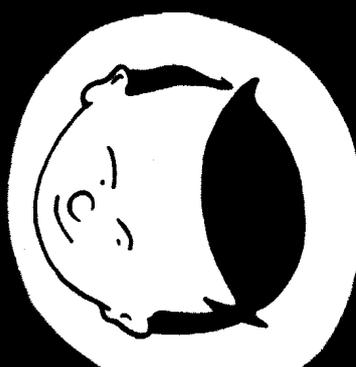
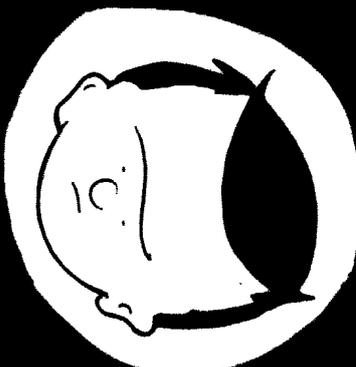
10 **9** **8** **7** **6** **5** **4** **3** **2** **1** **0**

1 **2** **3** **4** **5** **6** **7**

Completely
false

Not
sure

Completely
true



EXAMPLES OF COGNITIVE BELIEF CLUSTERS

Negative Cognitions

Positive Cognitions

Safety/Vulnerability

I cannot be trusted
I cannot trust myself
I cannot trust my judgement
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

I can be trusted
I can (learn to) trust myself
I can trust my judgement
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

Responsibility/Guilt

I should have done something
I did something wrong
I should have known better

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

Self worth

I don't deserve love
I am a bad person
I am terrible
I am worthless (inadequate)
I am shameful
I am unlovable
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)

I deserve love, I can have love
I am a good (living) person
I am fine as I am
I am worthy; I am worthwhile
I am honourable
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
I am okay just the way I am
I deserve to live
I deserve to be happy
I am okay as I am

Control/Choice

I am not in control
I am powerless (helpless)
I am weak
I cannot get what I want
I am a failure (I will fail)
I cannot succeed
I have to be perfect (please everyone)
I cannot stand it
I am inadequate
I cannot trust anyone

I am now in control
I now 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