

“Greatest Hits List” of Negative & Positive Cognitions

Use this sheet to identify and reframe beliefs that may be holding you back.

NEGATIVE COGNITIONS	POSITIVE COGNITIONS
RESPONSIBILITY	
<ul style="list-style-type: none"> I should have known better I should have done something I did something wrong I am to blame I cannot be trusted My best is not good enough 	<ul style="list-style-type: none"> I did the best I could do. I do the best I can with what I have I did/do my best I am blameless / I am not at fault I can be trusted I am okay / I do my best
SAFETY	
<ul style="list-style-type: none"> I cannot trust myself I cannot trust anyone I am in danger I am not safe I cannot show my emotions 	<ul style="list-style-type: none"> I can trust myself I can choose who to trust I am safe now I can create my sense of safety I can show my emotions
CHOICE	
<ul style="list-style-type: none"> I am not in control I have to be perfect / please everyone I am weak I am trapped I have no options 	<ul style="list-style-type: none"> I am in control I have power now I can help myself I have a way out I have options
POWER	
<ul style="list-style-type: none"> I cannot get what I want I cannot handle it / stand it I cannot succeed I cannot stand up for myself I cannot let it out I am powerless / helpless 	<ul style="list-style-type: none"> I can get what I want I can handle it I can succeed I can stand up for myself I can let it out I am powerful
VALUE	
<ul style="list-style-type: none"> I am not good enough I am a bad person / I am terrible I am permanently damaged I am defective I am worthless / inadequate I am insignificant / I am not important I deserve to die I deserve only bad things I am stupid I do not belong I am different I am a failure I am ugly / my body is ugly I am alone 	<ul style="list-style-type: none"> I am good enough I am a good person I am restored / I am sacred I am whole I am worthy I am significant / I am important I deserve to live I deserve only good things I am smart I can belong I am special I am a success I am beautiful / my body is sacred I am supported



You are not defined by your negative beliefs. These thoughts are often shaped by past experiences – but with awareness, they can be challenged and replaced with truths that support your growth.