

NEGATIVE COGNITIONS

SELF DEFECTIVENESS

I am not good enough.
I don't deserve love.
I am a bad person.
I am incompetent.
I am worthless / inadequate.
I am shameful.
I am not loveable.
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 should have done something.
I did something wrong.
I should have known better.

SAFETY/VULNERABILITY

I cannot trust anyone.
I cannot protect myself
I am in danger.
I am not safe.
I am going to die.
Its not OK to feel / show my emotions.

CONTROL/CHOICE

I cannot trust anyone.
I am powerless / helpless.
I cannot get what I want.
I cannot stand up for myself.
I cannot let it out.
I cannot be trusted.
I cannot trust myself.
I cannot trust my judgment.
I am a failure / will fail.
I cannot succeed.
I have to be perfect / please everyone.
I can't handle it.

POSITIVE COGNITIONS

SELF DEFECTIVENESS

I am deserving / fine / ok.
I deserve love.
I am a good / loving person.
I am competent.
I am worthy / worthwhile
I am honorable.
I am loveable.
I deserve good things.

I am / can be healthy.
I am fine / attractive / loveable.
I can have / deserve ...
I am intelligent / able to learn.
I am significant/important.
I am ok the way I am.
I deserve to live.
I deserve to be happy
I am ok as I am.

RESPONSIBILITY

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

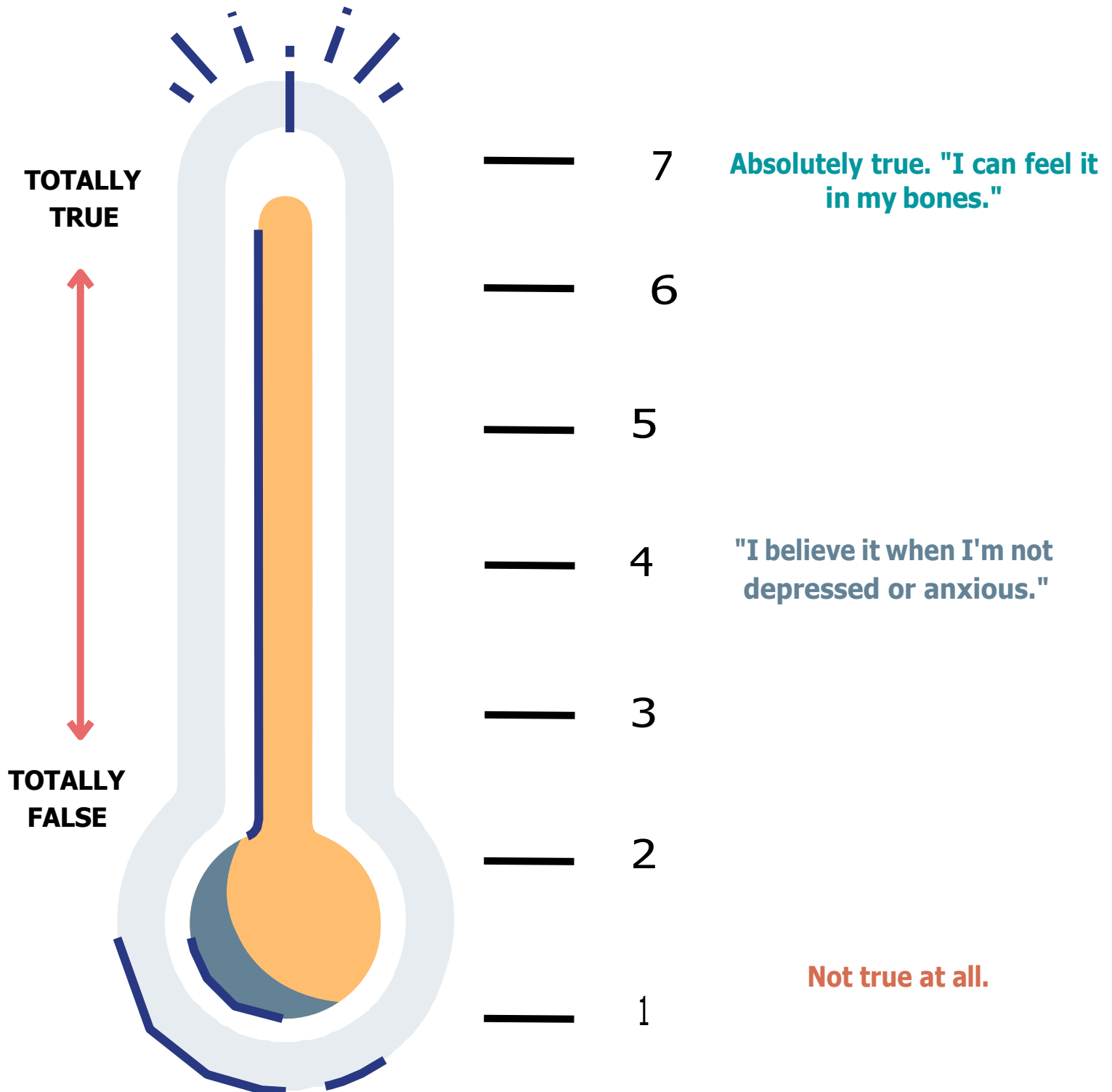
SAFETY/VULNERABILITY

I can choose whom to trust.
I can learn to protect myself.
It's over; I am safe now.
I can safely feel / show my emotions.

CONTROL/CHOICE

I am now in control.
I now have choices.
I can get what I want.
I can make my needs known.
I can choose to let it out.
I can be trusted.
I can / can learn to trust myself.
I can trust my judgment.
I can succeed.
I can succeed
I can be myself / make mistakes
I can handle it.

VALIDITY OF COGNITION (VOC) SCALE



SUD

SUBJECTIVE UNITS OF DISTRESS SCALE

