

Negative beliefs

Positive beliefs

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).

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.

RESPONSIBILITY/
I DID SOMETHING
"WRONG"

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).

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.

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.

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.

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.



"Nurturing and Protective Figures" Exercise

Combine Nurturing and Protective Qualities: Envision a blend of both nurturing and protective qualities in a single figure. This could be a real person or a symbolic representation. Imagine this figure providing unconditional support, care, and protection. How does their presence make you feel? What does it look like when they are with you in challenging situations?

Creative Expression: Consider expressing these images creatively. You can draw, write a poem, or create a collage representing your nurturing and protective figures. Allow your imagination to guide you in capturing the essence of these supportive influences.

Reflection and Self-Compassion: Take a moment to reflect on the exercise. Recognise the strength and resilience within you. Practice self-compassion.

Acknowledge that you have the ability to use these sources of support whenever needed.