

HOW TO UNDO UNHEALTHY MENTAL PROGRAMMING

"RENEW YOUR MIND DAILY"

NEGATIVE AND POSITIVE COGNITIONS

UNHEALTHY THOUGHTS NEGATIVE COGNITIONS

HEALTHY THOUGHTS POSITIVE COGNITIONS

RESPONSIBILITY/DEFECTIVENESS

I'm 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 lovable

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 have to be perfect (out of inadequacy)

RESPONSIBILITY: Action

*I should have done something**

*I did something wrong**

*I should have known better**

**What does this say about you?*

(e.g. therefore I am...)

I am shameful/I am stupid/I am bad person

I am inadequate/weak

SAFETY/VULNERABILITY

I cannot trust anyone

I cannot protect myself

I am in danger

I am not safe

I am going to die

It's not OK (safe) to feel/show my emotions

POWER/CONTROL

I am not in control

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 (I'm out of control)

I am good enough/fine as I am

I deserve love; I can have love

I am a good (loving) person

I am competent

I am worthy; I am worthwhile

I am honorable

I am lovable

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 OK just the way I am

I deserve to live

I deserve to be happy

I am OK as I am

I am fine the way I am

I did the best I could

I learned/can learn from it

I do the best I can/I can learn

I'm fine as I am

I am adequate/strong

I can choose whom to trust

I can learn to protect myself

It's over; I am safe now

I am safe now

I am safe now

I can safely feel/show my emotions

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/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