

EMDR Cognitions

Negative Cognitions

Positive Cognitions

Self-Defectiveness

I am not good enough	I am good enough
I am a bad person	I am a good person
I don't deserve love	I deserve love
I am not lovable	I am lovable
I am inadequate	I am adequate
I am worthless	I have value
I am weak	I am strong
I am permanently damaged	I am healthy (or can be)
I am shameful	I have honor

Responsibility

I should have done something	I did the best I could
I should have known better	I do the best I can
I should have done more	I did my best
I did something wrong	I learned from it
It is my fault	I did my best

*With responsibility beliefs you can often ask:
"If that were true, what would it say about you?"*

Safety / Vulnerability

I am not safe	I am safe now
I can't trust anyone	I can choose who to trust
I am in danger	It's over, I am safe now
I can't protect myself	I can (learn to) take care of myself
I am going to die	I am safe now, I am alive
It is not ok to feel or show my emotions	I can safely feel and show my emotions

Control / Choice

I am not in control	I am in control now
I am powerless	I have choices now
I am helpless	I control my destiny
I am weak	I am strong
I cannot be trusted	I can be trusted
I cannot trust myself	I can trust myself (or learn to)