

Non-adaptive self-concept

Adaptive self-concept

I don't deserve love.

I deserve love; I can have love.

I am a bad person.

I am a good (loving) person.

I am terrible.

I am fine as I am.

I am worthless (inadequate).

I am worthy; I am worthwhile.

I am shameful.

I am honorable.

I am not lovable.

I am lovable.

I am not good enough.

I am deserving (fine/okay).

I deserve only bad things.

I deserve good things.

I am permanently damaged.

I am (can be) healthy.

I am ugly (my body is hateful).

I am fine (attractive/lovable).

I do not deserve ...

I can have (deserve) ...

I am stupid (not smart enough).

I am intelligent (able to learn).

I am insignificant (unimportant).

I am significant (important).

I am a disappointment.

I am okay just the way I am.

I deserve to die.

I deserve to live.

I deserve to be miserable.

I deserve to be happy.

I am different (don't belong).

I am okay as I am.

Inappropriate responsibility

Appropriate responsibility

I should have done something.

I did the best I could.

I did something wrong.

I learned (can learn) from it.

I should have known better.

I do the best I can (I can learn).

Danger

Safety

I cannot be trusted.

I can be trusted.

I cannot trust myself.

I can (learn to) trust myself.

I cannot trust my judgment.

I can trust my judgment.

I cannot trust anyone.

I can choose whom to trust.

I cannot protect myself.

I can (learn to) take care of myself.

I am in danger.

It's over; I am safe now.

It's not okay to feel (show) my emotions.

I can safely feel (show) my emotions.

I cannot stand up for myself.

I can make my needs known.

I cannot let it out.

I can choose to let it out.

Lack of control, helplessness

Control and ability to make decisions

I am not in control.

I am now in control.

I am powerless (helpless).

I now have choices.

I am weak.

I am strong.

I cannot get what I want.

I can get what I want.

I am a failure (will fail).

I can succeed.

I cannot succeed.

I can succeed.

I have to be perfect (please everyone).

I can be myself (make mistakes).

I cannot stand it.

I can handle it.

I am inadequate.

I am capable.