

*I am bad*

*There is  
nothing good  
about me*

*I am good*

*I am good*

*I can't be  
loved*

*I am not good  
enough*

*I can be loved*

*I am fine as I  
am*

*I can only  
have bad  
things*

*I am ugly*

*I can have  
good things*

*I like myself  
the way I am*

*I am stupid  
(not smart  
enough)*

*I am not  
important*

*I am smart*

*I am  
important*



*I am weird  
(don't  
belong)*

*There is  
something  
wrong with me*

*I belong*

*I am okay as  
I am*

*I can't do  
anything  
right*

*I am weak*

*I can do many  
things right*

*I am strong*

*I don't belong*

*I don't  
deserve to be  
loved*

*I belong*

*I deserve to  
be loved*

*It's my fault*

*I should have  
done  
something*

*It is not my  
fault*

*I did my best*



*I cannot trust  
anyone*

*I am not safe*

*I can choose  
who I trust*

*I am safe now*

*Bad things  
are going to  
happen*

*I can't let my  
feelings out*

*I am safe now*

*It is safe to  
let my  
feelings out*

*I am weak*

*I can't ever be  
happy*

*I am strong*

*I can be  
happy*

*I can't  
stand it*

*I can't get  
what I want*

*I can  
handle it*

*I can get  
what I want*



*I can't help  
myself*

*I can't ask  
for help*

*I can help  
myself*

*I can ask  
for help*

*I can't get  
out/I am  
trapped*

*I can't trust  
myself*

*I have  
choices now*

*I can trust  
myself*