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EMDR Negative Cognitions

<p style="text-align: center;">Defectiveness</p> <p>I'm not good enough I can't get anything right I'm stupid I'm inferior I'm nothing I'm worthless I'm insignificant I'm a bad person I'm unattractive I'm useless I'm a failure I don't deserve anything good There's something wrong with me I do not measure up to others I'm always wrong I've done things wrong I'm abnormal</p>	<p style="text-align: center;">Unloveable</p> <p>I'm not loveable I'm unacceptable I'm always left out I don't matter I'm not wanted I'm alone I'm unwelcome I don't fit in anywhere I'm uninteresting Nobody loves me Nobody wants me I'm unlikeable I'm bound to be rejected I don't deserve love</p>	<p style="text-align: center;">Abandonment</p> <p>People I love will leave me. I will be abandoned if I love or care for something/someone. I'm uninteresting I'm unimportant If I assert myself, people will leave me. I can't be happy if I am on my own. I'm not as good as other people. My partner is no longer interested in me. I'm bound to be rejected/abandoned/alone.</p>
<p style="text-align: center;">Inadequacy</p> <p>I am a bad person I am shameful I am a disappointment I deserve to be miserable I am ugly/I am stupid I am not good enough I deserve only bad things I deserve to die/suffer I am not important</p>	<p style="text-align: center;">Accountability</p> <p>I am incompetent/weak I should have done something I should have known better I did something wrong</p> <p style="text-align: center;">Safety</p> <p>I am in danger I am not safe I am going to die I can not trust anyone I can not protect myself It's not okay to show my feelings</p>	<p style="text-align: center;">Control/Choice</p> <p>I am out of control I have no control I can not get what I need/want I am powerless I am helpless I can not succeed I will fail I can not trust myself I can't handle it I have to be perfect I have to please everyone</p>



Helplessness	Entitlement	Caretaking
<p>I'm helpless/powerless I'm out of control I must have control to be okay I'm weak I'm vulnerable I'm trapped I'm needy I'm ineffective I do not measure up to others. I'm unsuccessful I can't achieve I can't change I can't handle anything There's no way out Other people will manipulate me and control my life. I am trapped and I can't escape. If I experience emotions, I will lose control. I can't do it I'm always number two I finish last I can't stand up for myself I'm a loser I can't say no</p>	<p>If people don't respect me, I can't stand it. If I don't excel, then i'm inferior and worthless. People have no right to criticize me. People don't understand/get me. I can do no wrong</p> <p style="text-align: center;">Body Image</p> <p>My worth is determined by my body I will only be happy and successful if I am thin I have no self control I can't trust my body My body is defective My body is bad My body always fails me I am undeserving of food I must be perfect I take up too much space My body is an embarrassment I shouldn't look this way</p>	<p>I have to do everything perfectly If I make a mistake, it means I'm careless/a failure, etc... I've done something wrong It's not okay to ask for help I have to do everything myself If I don't do it, no one will I'm responsible for everyone and everything If I care enough, I can fix him/her/this I can't trust or rely on another person If I trust people, they may hurt me People will betray me People are untrustworthy My needs are not important I shouldn't spend time taking care of myself When I see that others need help, I have to help them I'm not a worthwhile person I'm only worthwhile if I'm helping other people I have to make people happy It's my fault</p>

