

EMDR Cognitions

Negative Cognitions

Responsibility Value (Shame)

I am a bad person
I am shameful
I am terrible
I'm a failure
I am permanently damaged
Something is wrong with me
I don't deserve to be
I am worthless
I am insignificant /not important
I deserve to die
I deserve only bad things
I am stupid
I am ugly/inadequate
My body is ugly
It's not okay to be me

Responsibility: Action (Guilt)

I did something wrong / It's my fault
I should have known better
I should have done something
I am to blame (It's my fault)
I cannot be trusted
I am a bad person
I have to do it all

Safety/Vulnerability

I cannot trust myself
I cannot be trusted
I cannot trust my judgment
I cannot trust anyone
I am in danger / I cannot protect myself
It's not okay to feel (show) emotions
I'm going to die

Control/Choice

I am not in control
I have to be perfect (please everyone)
I am powerless (helpless)
I cannot do what I want
I am weak
I have no options / trapped

Connection/Belonging

I cannot connect
I am unwanted / I don't belong
I'm invisible / Insignificant / don't matter
I am alone
I am unworthy of love

Positive Cognitions

Responsibility: Value (Shame)

I am a good person
I am honorable
I am fine as I am
I am capable
I am (can be) healthy
I can be myself
I deserve....I can have
I am worthy
I am significant / Important / essential
I deserve to live / I am
I deserve good things
I am intelligent (I am able to learn)
I am fine (attractive, loveable)
My body is fine (attractive, loveable)
I can be me

Responsibility: Action (guilt)

I learned from it / It's not my fault
I did the best I could
I did the best that I could
I am not to blame
I can be trusted
I am a good person
It wasn't my fault

Safety/Vulnerability

I can trust myself
I am trustworthy
I can trust my judgment
I can choose whom to trust
I am safe now/ It's over
I can show emotions / It's safe to feel
I am safe now / It's over / I'm alive

Control/Choice

I am (now) in control
I can be myself (I can make mistakes)
I (now) have choices
I have enough opportunities/alternatives
I am strong
I (now) have choices / I have options

Connection/Belonging

I can choose whom to connect with
I belong / I matter
I can be seen / I matter
I am not alone / I am connected
I am loveable/worthy of love