

## Generic Negative Cognitions

If you have ANY reaction whatsoever to the statement, or if you are NOT SURE, check the box and we will discuss it in person.

- 
- |   |   |
|---|---|
| <input type="checkbox"/> 1. I don't deserve love.                 | <input type="checkbox"/> 23. I am a failure (will fail).                  |
| <input type="checkbox"/> 2. I am a bad person.                    | <input type="checkbox"/> 24. I have to be perfect<br>(please everyone).   |
| <input type="checkbox"/> 3. I am terrible.                        | <input type="checkbox"/> 25. I am permanently<br>damaged.                 |
| <input type="checkbox"/> 4. I am worthless<br>(inadequate).       | <input type="checkbox"/> 26. I am ugly (my body is<br>hateful).           |
| <input type="checkbox"/> 5. I am shameful.                        | <input type="checkbox"/> 27. I should have done<br>something.             |
| <input type="checkbox"/> 6. I am not lovable.                     | <input type="checkbox"/> 28. I did something wrong.                       |
| <input type="checkbox"/> 7. I am not good enough.                 | <input type="checkbox"/> 29. I am in danger.                              |
| <input type="checkbox"/> 8. I deserve only bad things.            | <input type="checkbox"/> 30. I cannot stand it.                           |
| <input type="checkbox"/> 9. I cannot be trusted.                  | <input type="checkbox"/> 31. I cannot trust anyone.                       |
| <input type="checkbox"/> 10. I cannot trust myself.               | <input type="checkbox"/> 32. I cannot let it out.                         |
| <input type="checkbox"/> 11. I cannot trust my<br>judgment.       | <input type="checkbox"/> 33. I do not deserve _____<br>_____<br>_____.    |
| <input type="checkbox"/> 12. I cannot succeed.                    | <input type="checkbox"/> 34. It's not okay to feel (show)<br>my emotions. |
| <input type="checkbox"/> 13. I am not in control.                 | <input type="checkbox"/> 35. I cannot stand up for<br>myself.             |
| <input type="checkbox"/> 14. I am powerless (helpless).           | <input type="checkbox"/> 36. I am different (don't<br>belong).            |
| <input type="checkbox"/> 15. I am weak.                           | <input type="checkbox"/> 37. I should have known<br>better.               |
| <input type="checkbox"/> 16. I cannot protect myself              | <input type="checkbox"/> 38. I am inadequate.                             |
| <input type="checkbox"/> 17. I am stupid (not smart<br>enough).   |   |
| <input type="checkbox"/> 18. I am insignificant<br>(unimportant). |   |
| <input type="checkbox"/> 19. I am a disappointment.               |   |
| <input type="checkbox"/> 20. I deserve to die.                    |   |
| <input type="checkbox"/> 21. I deserve to be miserable.           |   |
| <input type="checkbox"/> 22. I cannot get what I want.            |   |