When You Think… Remind yourself:

* I am not good enough I am good enough
* I don’t deserve love I deserve love
* I am a bad person I am a good person
* I am incompetent I am competent
* 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 ugly I am fine
* I am stupid I am intelligent, I am able to learn
* I am insignificant I am significant/important
* I am different I am okay as I am
* I have to be perfect I am fine the way I am
* I am a disappointment I am okay just the way I am
* I should have done something I did the best that I could
* I did something wrong I can learn from it
* I should have known better I do the best I can
* I cannot trust anyone I can choose who to trust
* I cannot protect myself I can learn to protect myself
* I am not safe I am safe now
* It’s not okay to show my emotions I can safely feel and show my emotions
* I am powerless I now have choices
* I cannot stand up for myself I can make my needs known
* I cannot be trusted I can be trusted
* I am a failure I can succeed