

Negative Thoughts Scale

Color how true these thoughts are for you



I HAVE NO CONTROL / CHOICES

I 'M NOT SAFE

I DID SOMETHING WRONG

I 'M USELESS

I 'M NOT LOVABLE

I SHOULD HAVE DONE SOMETHING

I 'M A DISAPPOINTMENT

I 'M UGLY

I 'M STUPID

I CAN 'T HANDLE BEING ALONE

I CAN 'T TRUST ANYONE

I 'M A FAILURE

I CAN 'T HANDLE IT

I HAVE TO BE PERFECT

IT 'S NOT SAFE TO FEEL FEELINGS

I 'M HELPLESS

I 'M IN DANGER

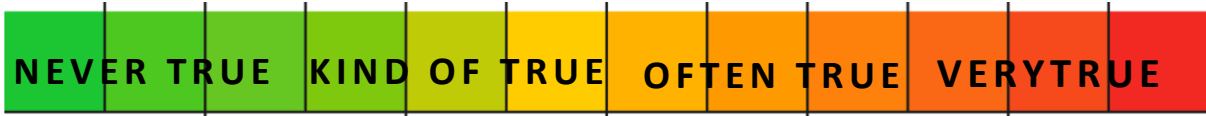
I CANNOT SUCCEED

I 'M POWERLESS

I 'M NOT GOOD ENOUGH

Positive Thoughts Scale

Color how true these thoughts are for you



I HAVE CONTROL OVER ME
AND MY ACTIONS, THOUGHTS,
AND BEHAVIORS

I'M SAFE RIGHT
NOW

I CAN LEARN FROM
MY MISTAKES

I MATTER

I AM LOVABLE

I DID THE BEST I
COULD

I'M FINE THE
WAY I AM

I'M BEAUTIFUL/
HANDSOME

I'M SMART

I CAN BE OK BY
MYSELF

I CAN CHOOSE
WHOM I TRUST

I CAN TRY MY BEST

I AM STRONG
ENOUGH TO
HANDLE IT

PERFECT DOESN'T
EXIST; I'M FINE AS
I AM

I CAN FEEL MY
FEELINGS SAFELY

I AM CAPABLE; I
CAN ASK FOR HELP



My Other

Thoughts Scale

Color how true these thoughts are for you

