DANDELION HEARTS

LIST OF NEGATIVE AND POSITIVE BELIEFS

Negative Beliefs	Positive Beliefs
RESPONSIBILITY/ I AM SOMETHING "WRONG"	
I don't deserve love.	I deserve love; I can have love.
I am a bad person.	I am a good (loving) person.
I am terrible.	I am fine as I am.
I am worthless (inadequate).	I am worthy; I am worthwhile.
I am shameful.	I am honourable.
I am not lovable.	I am lovable.
I am not good enough.	I am deserving (fine/okay).
I deserve only bad things.	I deserve good things.
I am permanently damaged.	I am (can be) healthy.
I am ugly (my body is hateful).	I am fine (attractive/ lovable).
I do not deserve . . .	I can have (deserve) . . .
I am stupid (not smart enough).	I am intelligent (able to learn).
I am insignificant (unimportant).	I am significant (important).
I am a disappointment.	I am okay just the way I am.
I deserve to die.	I deserve to live.
I deserve to be miserable.	I deserve to be happy.
I am different (don't belong).	I am okay as I am.
RESPONSIBILITY/ I DID SOMETHING "WRONG"	
I should have done something.	I did the best I could.
I did something wrong.	I learned (can learn) from it.
I should have known better.	I do the best I can (I can learn).
SAFETY/ VULNERABILITY	
I cannot be trusted.	I can be trusted.
I cannot trust myself.	I can (learn to) trust myself.
I cannot trust my judgment.	I can trust my judgment.
I cannot trust anyone.	I can choose whom to trust.
I cannot protect myself.	I can (learn to) take care of myself.
I am in danger.	It's over; I am safe now.
It's not okay to feel (show) my emotions.	I can safely feel (show) my emotions.
I cannot stand up for myself.	I can make my needs known.
I cannot let it out.	I can choose to let it out.
CONTROL/ CHOICE	
I am not in control.	I am now in control.
I am powerless (helpless).	I do not have choices.
I am weak.	I am strong.
I cannot get what I want.	I can get what I want.
I am a failure (will fail).	I can succeed.
I cannot succeed.	I can succeed.
I must be perfect (please everyone).	I can be myself (make mistakes).

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I cannot stand it.	I can handle it.
I am inadequate.	I am capable.
I cannot trust anyone.	I can choose whom to trust.