



What is the negative thought about yourself that goes with that?

I am vulnerable  
I am weak  
I am going to die

I am helpless  
I am powerless

I am worthless  
I am not important  
I am unlovable  
I am ugly  
I am defective

I am bad  
I am a bad mother  
I am irresponsible  
I am a failure

I am inadequate  
I am useless  
I am incompetent  
I am stupid



What do you want to think about yourself instead of \_\_\_\_\_?

I am safe  
I am strong  
I am alive, I survived

I am capable  
I am empowered

I am worthy  
I am important  
I am lovable  
I am good enough  
I am OK

I am a good person  
I am good enough  
I am a good mother  
I am responsible  
I am a success

I am adequate  
I am useful  
I am competent  
I am intelligent  
I am smart enough