

Defectiveness

- I'm not good enough
- I can't get anything right
- I'm stupid
- I'm inferior
- I'm nothing
- I'm worthless
- I'm insignificant
- I'm a bad person
- I'm unattractive (ugly, fat, etc.)
- I'm useless
- I'm a failure
- I don't deserve anything good
- There's something wrong with me
- I do not measure up to others
- I'm always wrong
- I've done things wrong
- I'm abnormal

Unloveable

I'm not lovable

- I'm unacceptable
- I'm always left out
- I don't matter
- I'm not wanted
- I'm alone
- I'm unwelcome
- I don't fit in anywhere
- I'm uninteresting
- Nobody loves me
- Nobody wants me
- I'm unlikeable
- I'm bound to be rejected

Abandonment

- People I love will leave me
- I will be abandoned if I love or care for something/someone
- I am uninteresting (and people will leave me because of it)
- I'm unimportant
- If I assert myself, people will leave me
- I can't be happy if I'm on my own

- I'm not as good as other people
- My partner is no longer interested in me
- I'm bound to be rejected/abandoned/alone

Helplessness

- I'm helpless/powerless
- I'm out of control
- I must have control to be okay
- I'm weak
- I'm vulnerable
- I'm trapped
- I'm needy
- I'm ineffective
- I do not measure up to others
- I'm unsuccessful
- I can't achieve
- I can't change
- I can't handle anything
- There's no way out
- Other people will manipulate me and control my life
- I am trapped and can't escape
- If I experience emotions, I will lose control
- I can't do it
- I'm always number two
- I finish last
- I can't stand up for myself
- I'm a loser
- I can't say 'no'

Entitlement

- If people don't respect me, I can't stand it
- I deserve a lot of attention and praise
- I'm superior (and am entitled to special treatment and privileges)
- If I don't excel, then I'm inferior and worthless
- If I don't excel, I'll just end up ordinary
- I am a very special person (and other people should treat me that way)
- I don't have to be bound by the rules that apply to other people
- If others don't respect me, they should be punished
- Other people should satisfy my needs
- People have no right to criticize me
- Other people don't deserve the good things that they get

- People should go out of their way for me
- People don't understand/get me (because I am special/brilliant/etc.)
- I can do no wrong

Caretaking

- I have to do everything perfectly
- If I make a mistake, it means I'm careless/a failure/etc.
- I've done something wrong
- It's not okay to ask for help
- I have to do everything myself
- If I don't do it, no one will
- I'm responsible for everyone and everything
- If I care enough, I can fix him/her/this
- I can't trust or rely on another person
- If I trust people, they may hurt me (and I won't survive)
- People will betray me
- People are untrustworthy
- My needs are not important
- I shouldn't spend time taking care of myself
- When I see that others need help, I have to help them
- I'm not a worthwhile person
- I'm only worthwhile if I'm helping other people
- If I express negative feelings in a relationship, terrible things will happen
- I have to make people happy
- It's my fault