

REWIRE YOUR SUBCONSCIOUS BELIEFS LIST

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