

EMDR Negative Cognitions List

First Name	Last Name	Date of Birth	Patient Identifier
RESPONSIBILITY/I AM SOMETHING "WRONG" <ul style="list-style-type: none"> o I am different (don't belong). o I am a bad person. o I do not deserve... o I am shameful. o I am terrible. o I deserve only bad things. o I deserve to die. o I don't deserve love. o I am worthless (inadequate). o I am stupid (not smart enough). o I am ugly (my body is hateful). o I am insignificant (unimportant). o I deserve to be miserable. o I'm not lovable. o I'm not good enough. o I'm permanently damaged. o I am a disappointment. RESPONSIBILITY/I DID SOMETHING "WRONG" <ul style="list-style-type: none"> o I should have done something. o I should have known better. o I did something wrong. SAFETY/VULNERABILITY <ul style="list-style-type: none"> o I cannot be trusted. o I cannot trust my judgment. o I am in danger. o It's not okay to feel (show) my emotions. o I cannot trust anyone. o I cannot protect myself. o I cannot stand up for myself. o I cannot let it out. o I cannot trust myself. CONTROL/CHOICE <ul style="list-style-type: none"> o I am not in control. o I have to be perfect (please everyone). o I cannot stand it. o I am powerless (helpless). o I cannot trust anyone. o I am a failure (will fail). o I cannot succeed. o I am weak. o I cannot get what I want. o I am inadequate. 		Additional Note:	
Clinician Name	Clinician Designation	Clinician Signature	Date