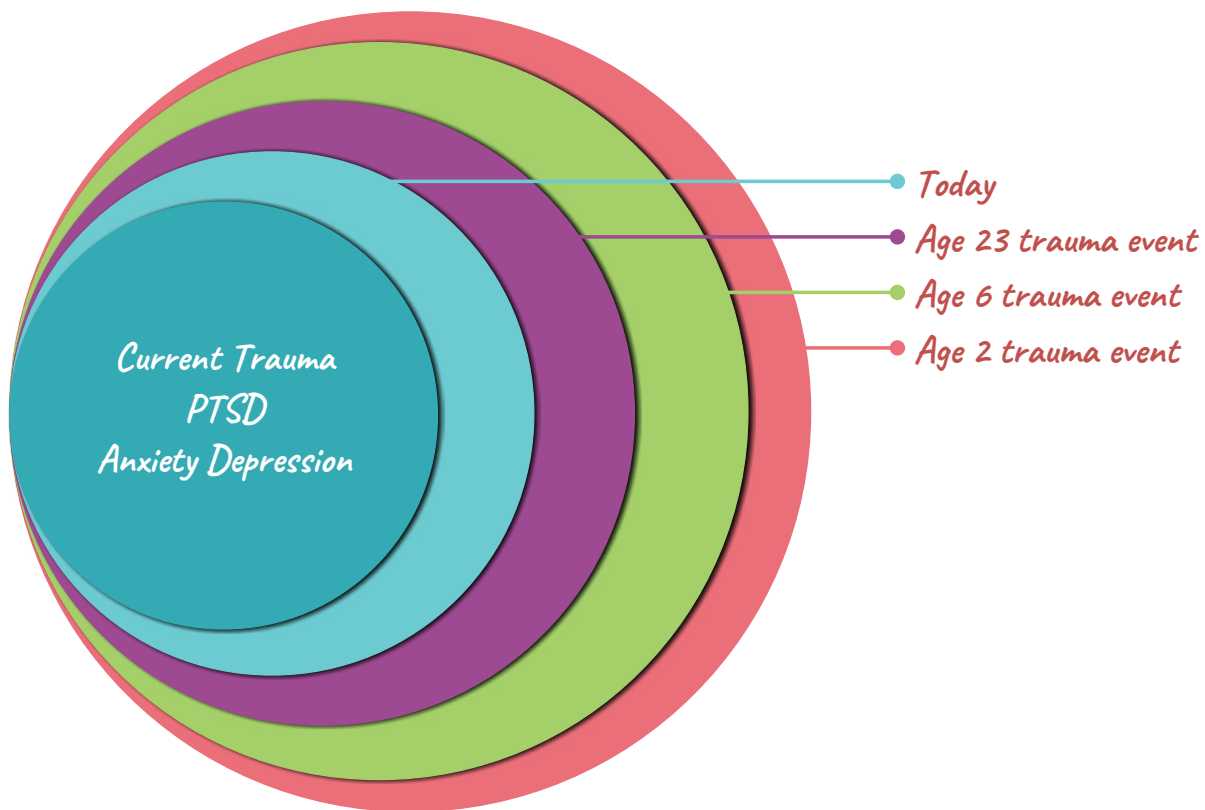


# How Do I Describe My Trauma

Trauma can be an accumulation of negative life experiences or a single event. In either case, your current sensitivity or disturbance is being driven by your subconscious mind. The common thread that holds trauma memories together is negative core beliefs.



The correct negative core belief must be chosen for accessing and processing the trauma network. Be mindful that there may be more than one core belief in multiple traumas, which is okay.

Using the list below, try to identify the negative core belief that your trauma is threaded and interwoven with.

# *What is My Negative Core Belief*

## *Greatest Hits List of Negative & Positive Cognitions*

### Negative Core Belief

### Positive Future Belief

#### *Self-Defectiveness (Self-Worth/Shame)*

<i>I am bad.</i>	<i>I am good / I am innocent.</i>
<i>I am unloveable.</i>	<i>I am loveable.</i>
<i>I am not good enough.</i>	<i>I am good enough.</i>
<i>I am incompetent.</i>	<i>I am competent.</i>
<i>I don't matter.</i>	<i>I do matter.</i>
<i>I am a bad person. I am terrible.</i>	<i>I am a good person.</i>
<i>I am defective.</i>	<i>I am whole.</i>
<i>I am worthless and inadequate.</i>	<i>I am worthy.</i>
<i>I am insignificant and not important.</i>	<i>I am significant and important.</i>
<i>I deserve to die.</i>	<i>I deserve to live.</i>
<i>I deserve only bad things.</i>	<i>I deserve only good things.</i>
<i>I am stupid.</i>	<i>I am smart.</i>
<i>I am different.</i>	<i>I am special.</i>
<i>I am a failure.</i>	<i>I am a success.</i>
<i>I am ugly, my body is ugly.</i>	<i>I am beautiful, my body is sacred.</i>
<i>Am alone.</i>	<i>I am supported.</i>

#### *Responsibility Action (Action/Guilt)*

<i>It's my fault.</i>	<i>I learned I can learn from it.</i>
<i>I should have done something.</i>	<i>I did the best I could.</i>
<i>I am unforgivable.</i>	<i>I can forgive myself and move on.</i>
<i>I am a horrible person.</i>	<i>I am okay, inspired by my mistake.</i>
<i>I am inadequate and weak.</i>	<i>I am adequate and strong.</i>
<i>I should have known better.</i>	<i>I did the best I could.</i>
<i>I did something wrong.</i>	<i>I did do my best.</i>
<i>I am to blame.</i>	<i>I am blameless and not at fault.</i>
<i>I cannot be trusted.</i>	<i>I can be trusted.</i>
<i>My best is not good enough.</i>	<i>I am okay and will do my best.</i>

#### *Safety Vulnerability*

<i>I am vulnerable.</i>	<i>It's over, and I am safe now.</i>
<i>I am going to die.</i>	<i>I am safe now.</i>
<i>I am not safe.</i>	<i>I am safe now and create my sense of safety.</i>
<i>I can't trust.</i>	<i>I can learn to protect myself.</i>

<i>I am in danger.</i>	<i>It's over, and I can move beyond it.</i>
<i>I cannot trust myself.</i>	<i>I can trust myself.</i>
<i>I cannot trust anyone.</i>	<i>I can choose who to trust.</i>
<i>I am in danger.</i>	<i>I am safe now.</i>
<i>I cannot show my emotions.</i>	<i>I can show my emotions.</i>

### *Control & Choices*

<i>I am helpless/powerless.</i>	<i>I have choices now.</i>
<i>I am trapped.</i>	<i>I am free.</i>
<i>I am not in control.</i>	<i>I am in control now.</i>
<i>I can't handle it.</i>	<i>I can handle it.</i>
<i>I am out of control.</i>	<i>I am in control of my actions.</i>
<i>I have to be perfect/please everyone.</i>	<i>I have power now.</i>
<i>I am weak.</i>	<i>I can help myself.</i>
<i>I cannot let it out.</i>	<i>I can let it out.</i>
<i>I have no options.</i>	<i>I have options.</i>

### *Connection & Belonging*

<i>I cannot connect.</i>	<i>I can connect.</i>
<i>I do not belong.</i>	<i>I can belong. I am worthy of belonging.</i>
<i>I am invisible.</i>	<i>I deserve to be seen.</i>
<i>I am different, and that's not okay.</i>	<i>I am myself, unique, and that is okay.</i>
<i>I am alone.</i>	<i>I am not alone. I am supported.</i>