

Kid's List of Cognitions

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Bad Thoughts(NC)

I'm bad
I'm in a fog
I'm going to blow
I'm going to explode
I'm hot
I don't belong
I am stupid
I am dumb
I'm sick
I can't do it
I'm hurt
I don't understand
I can't get help
I messed up
I don't know nothing
I'm dying
I'm hungry
I'm not lovable
I'm fat
I'm lost

I almost drowned and I got very scared
and that made me hold my breath.
I couldn't come out from under the water.
I didn't get to go the hospital with dad.
I'm not comfortable
I am uncomfortable in my skin

Basic/Common Cognitions:

I'm not safe
I can't protect myself
I don't have control
I can't trust

Good Thoughts(PC)

I'm good
I'm in clear place/I'm in sunshine
I'm calm
I'm calm
I'm cool (as a cucumber)
I do belong
I'm smart
I'm smart
I'm all better
I can do it
I'm better
I do understand
I can get help
I did the best I could
I do know
I'm alive
I'm satisfied
I'm lovable
I'm just right
I found my way

You should be glad you could hold
your breath that long.
I'm glad I can swim.
I get to go to the hospital with dad.
I am comfortable
I fit in my skin

I'm safe now
I can protect myself
I do have control
I can trust