

Emotion Options

Glad

Accepting
Amazed
Amused
Appreciated
Balanced
Calm
Cherished
Compassionate
Comfortable
Comforted
Connected
Content
Delighted
Eager
Ecstatic
Engaged
Exhilarated
Free
Fulfilled
Grateful
Happy
Hopeful
Important
Joyous
Loving/loved
Nurtured
Optimistic
Peaceful
Playful
Protected
Proud
Radiant
Relaxed
Relieved
Respected
Safe
Satiated
Secure
Strong
Sympathetic

Mad

Abused
Aggressive
Alienated
Angry
Annoyed
Apathetic
Appalled
Attacked
Blamed
Bitter
Closed
Controlled
Contempt
Disapproving
Disrespectful
Disgusted
Enraged
Envious
Exasperated
Frustrated
Furious
Guilty
Hostile
Horrorified
Impatient
Indifferent
Irate
Irritated
Manipulated
Negative
Ornery
Pessimistic
Resentful
Smothered
Stubborn
Unaccepted
Unappreciated
Victimized

Sad

Abandoned
Agonized
Apologetic
Ashamed
Burdened
Demoralized
Despair
Desperate
Disappointed
Discouraged
Disengaged
Disregarded
Distant
Embarrassed
Empty
Foolish
Forgotten
Grief
Hopeless
Humiliated
Hurt
Hysterical
Ineffective
Isolated
Jinxed
Lethargic
Lonely
Lost
Miserable
Neglected
Overlooked
Pouty
Regretful
Rejected
Resigned
Shamed
Sorry
Upset
Unworthy
Unattached
Withdrawn
Worthless

Scared

Afraid
Alarmed
Ambivalent
Anxious
Apprehensive
Bewildered
Cautious
Confused
Cowardly
Disoriented
Distrusting
Exposed
Fearful
Frantic
Fretful
Frightened
Frozen
Helpless
Hesitant
In Limbo
Insecure
Jealous
Nervous
Overwhelmed
Panicked
Paranoid
Perfectionist
Perplexed
Petriified
Puzzled
Restless
Shaken
Shameful
Stressed
Suspicious
Terrified
Threatened
Timid
Torn
Uncertain
Worried
Vulnerable

Negative Cognition Options

Distorted, Maladaptive, Self-Referencing Beliefs

Responsibility/Defectiveness

I am worthless
I am not loveable
I don't deserve love
I am not good enough
I am different / don't belong
I am insignificant / unimportant
I am incompetent / inadequate
I am stupid / not smart enough
I am ugly / my body is hateful
I am dirty / disgusting / repulsive
I am a disappointment
I am a failure
I am shameful
I am permanently damaged
I am a bad person
I deserve only bad things
I do not deserve _____
I deserve to die
I deserve to be miserable
I have to be perfect to be loved
My needs are not important
My needs are too much for others
Other's needs are more important than mine
I have to give up my needs in order to be loved
I only matter when I do things for others
I will always be a disappointment in love
I am only lovable if someone loves me
I have to get someone to love me
I must become whoever others need me to be
I will always be abandoned in love
I have to take care of myself because I am unlovable
I will always be alone because I am not capable of love or being loved
I must (be) _____ in order to be loved / loveable

Identity/Race/Culture

I don't belong (because I'm _____)
I am shameful (because I'm _____)
I come from _____ people (derogatory term)
I am not _____ enough (because I'm _____)
I am invisible (because I'm _____)
I am useless (because I'm _____)
I have no voice (because I'm _____)
I am helpless (because I'm _____)
I must hide _____ in order to belong / be loved / be safe
_____ people are dangerous/will hurt me/will kill me*
***Therefore I am _____?**

NOTE: Negative Cognitions re: Identity/Race/Culture must be considered as Oppressive Cognitions developed in the context of sociopolitical influences that maladaptively reinforce them.

Responsibility – Action Based

I am bad / shameful
I am stupid
I am inadequate / weak
I must be perfect
I should have done something*
I did something wrong*
I should have known better*
***Therefore I am _____?**

Safety/Vulnerability

I am in danger
I am not safe
I am going to die
I cannot protect myself
I cannot trust anyone
It's not okay (safe) to feel
It's not okay (safe) for me to feel certain emotions
It's not okay (safe) for me to show my emotions
It's never safe for me to be in relationships
It's dangerous for me to love & be loved
I have to submit in order to be safe
I always have to protect others
I always have to take care of others
I must (be) _____ in order to be safe
People who love me will hurt me*
People who love me will leave me*
***Therefore I am _____?**

Power/Control/Choices

I am not in control
I am powerless / helpless
I am weak
I cannot get what I want
I cannot stand up for myself
I cannot let it out
I cannot be trusted
I cannot trust myself
I cannot trust my judgment
I cannot succeed
I have to be perfect
I have to please everyone
I can't handle it
I have to be in control in relationships
I have no control in relationships
I have to always get along with everyone
I can never be in a relationship
I can't trust myself / others in love
I must help others because they are powerless
I must avoid relationships in order to maintain control
I must (be) _____ to have power / control / choices

Adapted from Shapiro, F. (2018). *Eye Movement Desensitization and Reprocessing, Basic Principles, Protocols and Procedures*. (3rd ed.). New York: Guilford Press.; *Attachment-Oriented Cognitions* adapted from Lalotis, D. (2016, February). *Healing the wounds of attachment and rebuilding self*. (Professional training) San Diego, CA; *Identity/Race/Culture Cognitions* developed by Lord, C. & promoted by Desplantes, D. Adapted from Alter-Reid, K., Angelini, C., Chang, S., Gattinara, P., Grey, E., Harting, J., Heber, R., Juhasz, J., Levis, R., Levis, R., Lutz, B., Marich, J., Masters, R., McConnell, E., Monteiro, A., Nickerson, M., O'Brien, J., Onofri, A., Robinson, N., Royale, L., Seubert, A., Shapiro, R., Siniego, L., & Yaskin, J. In Nickerson, M.I. (Ed.), *Cultural Competence and Healing Culturally-Based Trauma with EMDR Therapy: Innovative Strategies and Protocols*. New York, NY: Springer. Edited in consultation with Chaffers, Q., Hamilton, H., Kase, R., Marich, J., & Urdaneto Melo, V. and the EMDRIA Diversity, Community & Culture SIG (personal communication, July 2020).

Positive Cognition Options

Reality-Based, Adaptive, Self-Referencing Beliefs

Responsibility/Defectiveness

I am worthy / worthwhile
I am loveable
I deserve love
I am good enough
I am okay / fine / loveable just the way I am
I am significant / important
I am competent
I am intelligent / able to learn
I am beautiful / attractive
I can succeed
I am honorable
I am / can be healthy
I am a good / loving person
I deserve good things
I can have / deserve _____
I deserve to live
I deserve to be happy
My needs are important / legitimate
My needs are not too much for some people
I can find love in which my needs matter
I can find relationships I can turn to for care
My needs are as important and others' needs
I matter regardless of whether I am doing things for others
I am capable of loving and being loved
I can have love
I am adequate & capable in love
I am loveable even if someone doesn't love me
I can find love in which I won't be abandoned
I will be okay even if a relationship ends

Identity/Race/Culture

I can find people who will accept me
I am _____ and that is okay/good
I am good enough / I can accept myself
I deserve honor & respect
My people are strong & resilient
I am _____ enough
I deserve to be seen / can find people who will see me
I have purpose / am important
I deserve to have a voice / can find people who will listen
I have choices / can find support & ways to empower myself
I can identify unsafe vs. safe people
I can be myself & belong / be loved / be safe

Responsibility – Action Based

I'm fine as I am
I am adequate
I am strong
I did the best I could
I learned / can learn from it
I do the best I can
I can forgive myself

Safety/Vulnerability

That danger is over
I am safe now
I am alive now
I can learn to protect myself
I am resilient
It is safe enough for me to have feelings
I can allow myself to feel all of my emotions
I can safely show my emotions
I can find relationships where it is safe to assert myself
I can choose whom to trust
I can find relationships I can trust
It is safe enough to love & be loved
I can find some people who won't hurt me
I can find some people who won't leave me
I can handle it if someone hurts me
I can handle it if someone leaves me
I do not always have to take care of others

Power/Control/Choices

I am now in control
I now have choices
I can get what I want
I can make my needs known
I can choose to let it out
I can be trusted
I can trust myself / can learn to trust myself
I can trust my judgment
I can succeed
I can be myself
I can allow myself to make mistakes
I can handle it
I can share control in relationships
I can handle sharing control in relationships
I can handle disapproval
I can handle conflict with others
I can be in a relationship
I can trust myself in love
I can choose those whom I can trust to love
I can support others in them being responsible for themselves
I can handle having less control in a relationship

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