EMOTION OPTIONS

Glad	Mad	Sad	Scared
Accepting	Abused	Abandoned	Afraid
Amazed	Aggressive	Agonized	Alarmed
Amused	Alienated	Apologetic	Ambivalent
Appreciated	Angry	Ashamed	Anxious
Balanced	Annoyed	Burdened	Apprehensive
Calm	Apathetic	Demoralized	Bewildered
Cherished	Appalled	Despair	Cautious
Compassionate	Attacked	Desperate	Confused
Comfortable	Blamed	Disappointed	Cowardly
Comforted	Bitter	Discouraged	Disoriented
Connected	Closed	Disengaged	Distrusting
Content	Controlled	Disregarded	Exposed
Delighted	Contempt	Distant	Fearful
Eager	Disapproving	Embarrassed	Frantic
Ecstatic	Disrespectful	Empty	Fretful
Engaged	Disgusted	Foolish	Frightened
Exhilarated	Enraged	Forgotten	Frozen
Free	Envious	Grief	Helpless
Fulfilled	Exasperated	Hopeless	Hesitant
Grateful	Frustrated	Humiliated	In Limbo
Happy	Furious	Hurt	Insecure
Hopeful	Guilty	Hysterical	Jealous
Important	Hostile	Ineffective	Nervous
Joyous	Horrified	Isolated	Overwhelmed
Loving/loved	Impatient	Jinxed	Panicked
Nurtured	Indifferent	Lethargic	Paranoid
Optimistic	Irate	Lonely	Perfectionist
Peaceful	Irritated	Lost	Perplexed
Playful	Manipulated	Miserable	Petrified
Protected	Negative	Neglected	Puzzled
Proud	Ornery	Overlooked	Restless
Radiant	Pessimistic	Pouty	Shaken
Relaxed	Resentful	Regretful	Shameful
Relieved	Smothered	Rejected	Stressed
Respected	Stubborn	Resigned	Suspicious
Safe	Unaccepted	Shamed	Terrified
Satiated	Unappreciated	Sorry	Threatened
Secure	Victimized	Upset	Timid
Strong		Unworthy	Torn
Sympathetic		Unattached	Uncertain
		Withdrawn	Worried
		Worthless	Vulnerable

NEGATIVE COGNITION OPTIONS
Distorted, Maladaptive, Self-Referencing Beliefs

Responsibility/Defectiveness
I am worthless
I am not loveable / don't deserve love
I am not good enough
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 do not deserve _____
I deserve only bad things / to be miserable / to die
I have to be perfect to be loved
My needs are not important / too much for others
Others' 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 in love
I must (be) _____ in order to be loved / loveable

Connection/Belonging
I am different / don't belong
I am alone / disconnected
I am invisible
I am an oddball / weirdo
I am a reject / an outsider
I must (be) _____ in order to belong

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

POSITIVE COGNITION OPTIONS
Reality-Based, Adaptive, Self-Referencing Beliefs

Responsibility/Defectiveness
I am worthy / worthwhile
I am loveable / deserve love
I am good enough / okay / fine / loveable just the way I am
I am significant / important
I am competent / can succeed
I am intelligent / able to learn
I am beautiful / attractive
My body belongs to me / is mine to share
I am honorable
I am / can be healthy
I am a good / loving person
I can have / deserve _____
I deserve good things / to be happy / to live
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 as 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

Connection/Belonging
I am who I am (and that's okay)
I am unique as are all people
I do belong / deserve to belong
I deserve / am worthy of respect and inclusion
I deserve to be seen
I have others with me / can connect with others
I have my groups

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 did my part
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

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 Laliotis, D. (2016, February). *Healing the wounds of attachment and rebuilding self.* (Professional training) San Diego, CA; *Connection/Belonging Cognitions* adapted from Nickerson, M,I. (2021, November). *Connection and belonging: A core human and distinct category for NC/PCs* presented at the 2021 EMDRIA Virtual Conference.; I*dentity/Race/Culture Cognitions* developed by Lord, C. & promoted by Desplantes, D. Adapted from Alter-Reid, K., Angelini, C., Chang, S., Gattinara, P., Grey, E.,Hearting, 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).