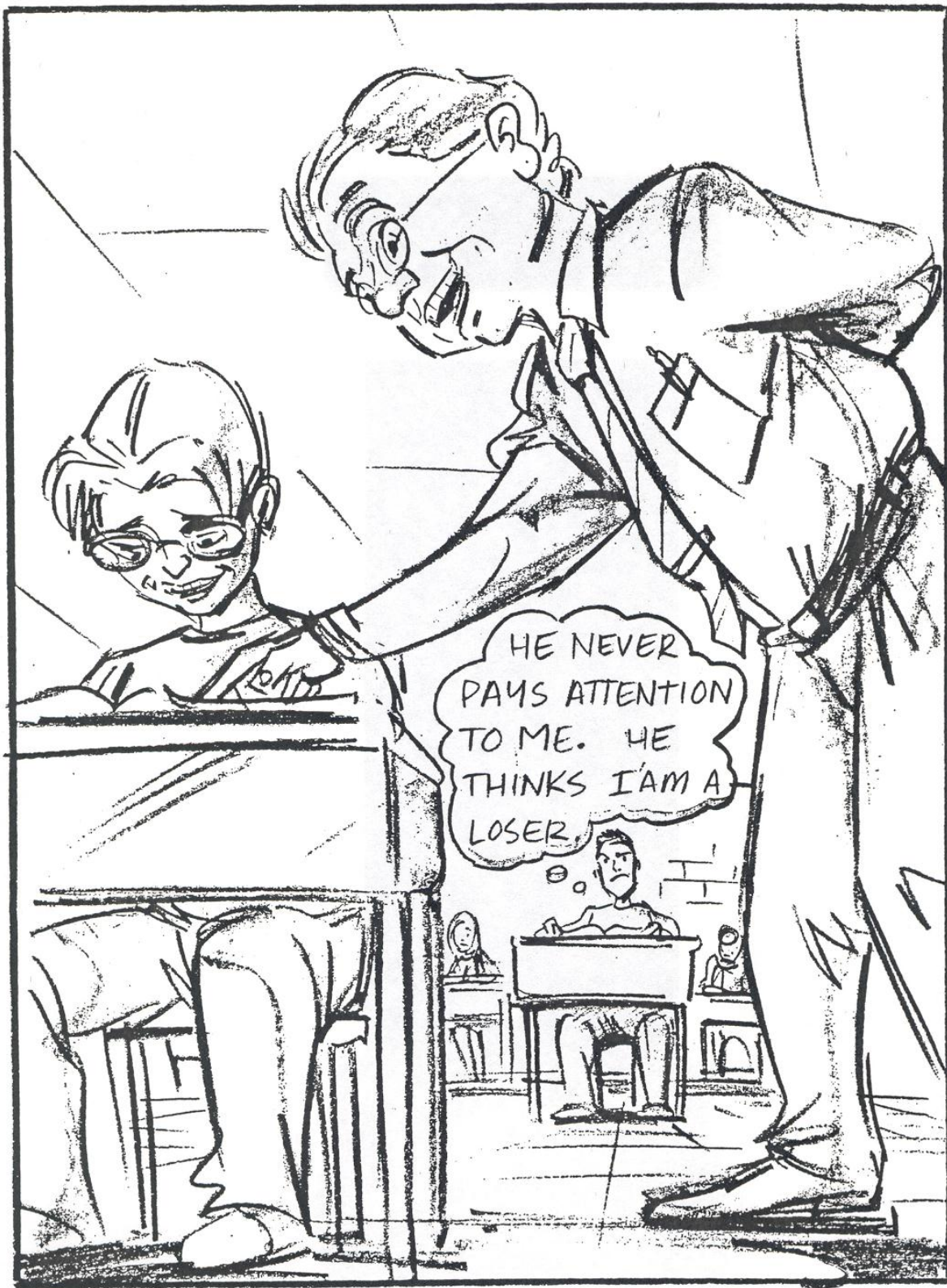


Internal Dialogue Situation 7



HANDOUT 10.6

Hurtful Thoughts Checklist

Which Distressing Thoughts Am I Likely to Have?	
<p>Feeling Unloved and Unwanted</p> <p>___ No one understands me. ___ No one cares about me. ___ No one likes me. ___ No one wants me. ___ I'll never fit in. ___ I'll always be alone. ___ No one needs me. ___ If I shared how I feel with others, they wouldn't care.</p>	<p>Self-Criticism</p> <p>___ I'm weird. ___ I'm ugly. ___ I'm weak. ___ I'm stupid. ___ I'm a loser. ___ I'm trapped. ___ I'm inferior. ___ I'm deficient. <i>(I'm not good enough.)</i> ___ I'm defective. <i>(there's something really wrong with me.)</i> ___ I'm too needy. ___ I don't like myself. <i>(I hate myself.)</i> ___ I'm worthless. <i>(I can't do anything right; I have nothing to offer.)</i> ___ I can't get along with anybody.</p>
<p>Hopelessness</p> <p>___ Things will always be like this. ___ Things will never get better. ___ My future is hopeless. ___ Nothing ever goes right for me.</p>	
<p>Helplessness</p> <p>___ I'm helpless. <i>(I'm powerless.)</i> ___ I have no one to turn to if I need help. ___ My problems are so bad that nothing can help. ___ Things will never get better, so it's no use trying. ___ I'm out of control. ___ I can't take it any more; I can't handle this.</p>	<p>Distrust</p> <p>___ No one should be trusted. ___ I always expect the worst from people. ___ If I opened up to people, they would hurt me. ___ If I shared how I feel, people wouldn't like me. ___ I must not burden people with my problems.</p>
<p>Preoccupation with Danger</p> <p>___ I always expect the worst will happen. ___ I must always be ready for the worst. ___ I can never allow myself to feel safe or to relax.</p>	<p>Other Hurtful Thoughts</p> <p>___ <i>(describe)</i> _____ ___ <i>(describe)</i> _____ ___ <i>(describe)</i> _____ ___ <i>(describe)</i> _____</p>
<p>Self-Blame</p>	

- | | |
|---|--|
| <p><input type="checkbox"/> Bad things always happen to me.
<i>(I have bad luck; I'm cursed; I'm jinxed.)</i></p> <p><input type="checkbox"/> I don't deserve to be happy.</p> <p><input type="checkbox"/> I did something bad to deserve this.</p> <p><input type="checkbox"/> This is all my fault.</p> | |
|---|--|

HANDOUT 10.7

Helpful Thoughts Checklist

Which Helpful Thoughts Can I Use To Challenge Hurtful Thoughts?	
Feeling Loved or Lovable (emotional closeness)	Having Confidence in My Abilities
<input type="checkbox"/> Someone understands me. <input type="checkbox"/> Someone loves me. <input type="checkbox"/> Some people can be trusted. <input type="checkbox"/> I'm a good person. <input type="checkbox"/> There's nothing wrong with me (I'm OK). <input type="checkbox"/> It's not my fault that bad things happen. <input type="checkbox"/> I deserve to be happy. <input type="checkbox"/> I'm as good as other kids. <input type="checkbox"/> I can connect with people.	<input type="checkbox"/> I have what it takes—I can do this. <input type="checkbox"/> I'm smart. <input type="checkbox"/> I'm a winner. <input type="checkbox"/> There are some problems right now, but I know I can handle them. <input type="checkbox"/> I can do things as well as other kids. <input type="checkbox"/> People respect me.
Feeling Liked or Likeable (social connection)	Having Confidence in Others
<input type="checkbox"/> People like me. <input type="checkbox"/> I'm a good friend. <input type="checkbox"/> I fit in. <input type="checkbox"/> I'm fun to be around. <input type="checkbox"/> I'm cute.	<input type="checkbox"/> There are people I can depend on if I need help. <input type="checkbox"/> I'm not alone in this—other people have been through this and they will understand and know how to help me.
Feeling Needed	Guidance and Advice
<input type="checkbox"/> People appreciate me. <input type="checkbox"/> People need me. <input type="checkbox"/> I'm important. <input type="checkbox"/> The world is a better place because I'm here.	<input type="checkbox"/> There are people I can go to who will know how to help.
Other Helpful Thoughts	
<input type="checkbox"/> (describe) _____ <input type="checkbox"/> (describe) _____ <input type="checkbox"/> (describe) _____ <input type="checkbox"/> (describe) _____ <input type="checkbox"/> (describe) _____	