

I am worthless.

I am a failure.

I am not worth much.

I lack faith.

I am going crazy.

I am alone.

I am weak.

I'll never measure up.

There is nothing special about me.

I am not good enough.

I am stupid.

I don't belong.

I don't have enough.

I won't be taken care of.

Something must be wrong with me.

I am helpless.

I must meet certain standards in order to feel good about myself.

I am unlovable.

I am not very smart.

People will just use you.

I've done too many bad things to be forgiven.

I can't do any thing right.

I am hopeless.

My worth equals my performance.

I am defective.

I am unacceptable.

I am unwanted.

I'll never measure up.

God is out to get me.

I am lower than scum.

I am what I am I cannot change.

I am bad.

I am not important.

I am less than...

I am a failure.

I am unprotected.

I am lower than...

I am dumb.

I must have the approval of certain others to feel good about myself.