

I am dumb

I am ugly

There is something wrong with me

I am not good enough

I have to take care of myself

I can't trust anyone

I am a failure

I am blind

God is far away

God doesn't care

I am a mess

I am not able

Church is no good

Church is full of hypocrites

My parents don't love me

My parents are stupid

I am rejected

I am foolish

I am alone

There is no hope

I am good

I am sexy

Life is hard

Life is unfair

Why is this happening

Why does it always happen to me

God did not protect me

God is cruel

I am not wanted

I don't belong

I am unloved

I am not protected

I am strong

I am successful

God is good

God is with me

Why am I here

No one cares

Lying

Stealing

Drugs

Sex

Gossiping

Trying harder

Self pity

Withdraw

Smoking

Drinking

Watch TV

Avoid