

CONTRADICTORY COGNITIONS

About Intimacy

1. Others are dangerous, but we need to be intense and close.
2. I am anxious about safety, but I cant protect myself so why bother.
3. I can trust my perception so I will believe people more powerful than me, but they will want to hurt me.
4. Other will disappoint me, but “she” will be different.
5. I am bad, destructive and evil, but I deserve someone who is good.
6. Everything that goes wrong is my fault, but everyone hurts me and I am innocent.
7. Others are bad and uncaring, but he cares. If he knew me he couldn't care.
8. I am unable to care for others, but I do care for him.
9. If I get too close to you, I will lose me, but I'm so lonely and need to connect to you.
10. Being vulnerable always has negative results and is out of control.
11. I can't allow anyone to help me of Ill become dependent, but I can't do it alone.
12. I make bad things happen, but its not my fault.
13. I am so defective that the only partner I deserve is one that no one else would want. I want him, but I don't like or respect him.