Replacing Negative Thoughts

I tell myself:

Now I'm different. I'm a bad person.

I'll change those thoughts and tell myself:

I learned to handle a lot. I'm strong and know what's important.

I tell myself:

Others are dangerous. I can't trust those people.

I'll change those thoughts and tell myself:

Lots of people haven't hurt me.
People care about me and protect me.

CBT+