

Negative Belief	Positive Belief	Bible Verse
I am not lovable.	I am lovable.	John 3:16 – For God so loved the world that He gave His one and only Son.
I am worthless (inadequate).	I am worthy; I am worthwhile.	Luke 12:6-7 – You are worth more than many sparrows.
I am a bad person.	I am a good (loving) person.	2 Corinthians 5:17 – If anyone is in Christ, he is a new creation.
I am shameful.	I am honorable.	Romans 10:11 – Anyone who believes in Him will never be put to shame.
I am not good enough.	I am okay just the way I am.	Psalms 139:14 – I praise You because I am fearfully and wonderfully made.
I am permanently damaged.	I am (can be) healthy.	Jeremiah 30:17 – I will restore you to health and heal your wounds.
I am a disappointment.	I am okay as I am.	Romans 8:1 – There is now no condemnation for those who are in Christ Jesus.
I am a failure (will fail).	I can succeed.	Philippians 4:13 – I can do all things through Christ who strengthens me.
I do not deserve good things.	I deserve good things.	James 1:17 – Every good and perfect gift is from above.
I did something wrong.	I learned (can learn) from it.	1 John 1:9 – If we confess our sins, He is faithful and just to forgive us.
I should have known better.	I do the best I can (I can learn).	Proverbs 3:5 – Trust in the Lord with all your heart and lean not on your own understanding.
I cannot trust anyone.	I can choose whom to trust.	Psalms 56:3 – When I am afraid, I put my trust in You.
I am in danger.	It's over; I am safe now.	Psalms 91:1-2 – He is my refuge and my fortress, my God, in whom I trust.

I cannot be trusted.	I can become trustworthy.	Luke 16:10 – Whoever can be trusted with very little can also be trusted with much.
I am not in control.	I am now in control.	2 Timothy 1:7 – For God gave us a spirit not of fear but of power and love and self-control.
I am powerless (helpless).	I am strong.	Isaiah 40:29 – He gives strength to the weary and increases the power of the weak.
I am weak.	I am strong.	2 Corinthians 12:10 – For when I am weak, then I am strong.
I cannot succeed.	I can succeed.	Joshua 1:9 – Be strong and courageous... for the Lord your God is with you wherever you go.
I have to be perfect.	I can be myself (make mistakes).	2 Corinthians 12:9 – My grace is sufficient for you, for my power is made perfect in weakness.