



REHvolution Services

Business | Therapy | Coaching | Mentorship | Training Academy

Email: contact@rehvolution.online | Tel: 07624 266075

Positive Cognition List

Positive Belief

Theme

I am safe now

Safety

I am in control

Empowerment

I can succeed

Capability

I am loved and lovable

Connection

I can trust myself

Self-trust

I have choices

Freedom

I am strong

Strength

I deserve peace

Worthiness