

Examples of negative affirmations

- I am a bad person
- I am terrible
- I am worthless
- I am inadequate
- I am incompetent
- I am inferior
- I am defective
- I am shameful
- I am not lovable
- I am not good enough
- I'm a loser
- I am losing control
- I am out of control
- I am trapped
- I am powerless
- I am helpless
- I am weak
- I am stupid
- I am insignificant
- I am unimportant
- I am nothing
- I am a disappointment
- I am a failure
- I am ugly
- I am fat
- I am bad
- I am in danger
- I am not safe