



## Common self-defeating beliefs

1. **Perfectionism:** I must never fail or make a mistake.
2. **Perceived perfectionism:** People will not love and accept me as a flawed and vulnerable human being.
3. **Achievement distortions:** My worthiness depends on my achievements, intelligence, talent, status, income or looks.
4. **Approval distortions:** I need everyone's approval to be worthwhile.
5. **Love distortions:** I can't feel happy and fulfilled without being loved by another. If nobody loves me then life is not worth living.
6. **Fear and rejection:** If you reject me, it proves that there's something wrong with me. If I'm alone, I'm bound to feel miserable and worthless.
7. **Pleasing others:** I should always try to please others, even if I make myself miserable in the process.
8. **Conflict phobia:** People who love one another shouldn't fight.
9. **Self-blame:** The problems in my relationships are bound to be my fault.
10. **Other blame:** The problems in my relationships are the others' fault.
11. **Entitlement:** You should always treat me in the way I expect.
12. **Truth:** I'm right you are wrong.
13. **Hopelessness:** My problems could never be solved. I can never feel truly happy or fulfilled.
14. **Worthlessness/ Inferiority:** I am basically worthless, defective and inferior to others.
15. **Emotional Perfectionism:** I should always feel happy, confident and in control.
16. **Anger phobia:** Anger is dangerous and should be avoided at all costs.
17. **Emetophobia:** I should never feel sad, inadequate, jealous, or vulnerable. I should sweep my feelings under the rug and not upset anyone.
18. **Perceived diagnosing:** The people I care about are demanding, manipulative and powerful.
19. **Brushfire fallacy:** People are clones who think alike. If one person looks down on me, the word will spread like brushfire and soon everyone will look down on me.
20. **Magical thinking:** If I worry enough everything will turn out ok, or, I won't worry about anything, and it will all turn out ok.
21. **Low frustration tolerance:** I should never be frustrated. Life should be easy.
22. **Superman/superwoman:** I should always be strong and never weak.