

Common Self-Defeating Beliefs*

| Achievement | Depression | |
|---|--|-------|
| <ol style="list-style-type: none"> 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 Addiction. My worthwhileness depends on my achievements, intelligence, talent, status, income, or looks. | <ol style="list-style-type: none"> 13. Hopelessness. My problems could never be solved. I could never feel truly happy or fulfilled. 14. Worthlessness / Inferiority. I'm basically worthless, defective, and inferior to others. | |
| Love | Anxiety | |
| <ol style="list-style-type: none"> 4. Approval Addiction. I need everyone's approval to be worthwhile. 5. Love Addiction. I can't feel happy and fulfilled without being loved. If I'm not loved, then life is not worth living. 6. Fear of 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. | <ol style="list-style-type: none"> 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. Emotophobia. I should never feel sad, anxious, inadequate, jealous or vulnerable. I should sweep my feelings under the rug and not upset anyone. 18. Perceived Narcissism. The people I care about are demanding, manipulative, and powerful. 19. Brushfire Fallacy. People are clones who all think alike. If one person looks down on me, the word will spread like brushfire and soon everyone will look down on me. 20. Spotlight Fallacy. Talking to people is like having to perform under a bright spotlight on a stage. If I don't impress people by being sophisticated, witty, or interesting, they won't like me. 21. Magical Thinking. If I worry enough, everything will turn out okay. | |
| Submissiveness | | |
| <ol style="list-style-type: none"> 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 each other should never fight or argue. 9. Self-Blame. The problems in my relationships are bound to be my fault. | <th data-bbox="813 1667 1421 1761">Other</th> | Other |
| Demandingness | <ol style="list-style-type: none"> 22. Low Frustration Tolerance. I should never be frustrated. Life should be easy. 23. Superman / Superwoman. I should always be strong and never be weak. | |
| <ol style="list-style-type: none"> 10. Other-Blame. The problems in our relationship are all your fault. 11. Entitlement. You should always treat me in the way I expect. 12. Truth. I'm right and you're wrong. | | |

Cost-Benefit Analysis*

List the attitude, feeling or habit you want to change: _____

| Advantages | Disadvantages |
|------------|---------------|
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