

## David's Quiz at the end of the live session with Nazli

At the end of the show notes, I wrote:

In fact, we're all, in many ways, "not good enough." In addition, we're all flawed in many ways and will probably never be "good enough."

But our flaws and shortcomings are *never* the cause of our problems, especially our lack of self-esteem and our feelings of inadequacy and inferiority.

Do you know what *actually* causes those negative feelings?

Do you know what the solution is?

Take your best shot, make a guess.

The Greek Stoic philosophers answered these questions nearly 2,000 years ago, and the answers have not changed. We are not upset by the events of this world, but by our views of them (Epictetus). So, although we all have tons of inadequacies, our angst always and only results from our thoughts about ourselves and the world.

In other words, our unhappiness results entirely from our negative, self-critical inner chatter, constantly putting ourselves down and reminding us that we're "not good enough." And this is the exact problem that Nazli described at the start of her session.

These messages actually amount to a form of bullying. In addition, those negative thoughts are never valid—they're loaded with cognitive distortions, like Hidden Should Statements, Emotional Reasoning, All-or-Nothing Thinking, Fortune-Telling, and more.

And here's the cool thing: The very moment you change the way you THINK, you can change the way you FEEL.

For more information on how to implement this "cure," you can check out one of my books, like *Feeling Good* or *Feeling Great*, both available from Amazon or any bookseller. And you can find tons of free resources on my website, [feelinggood.com](http://feelinggood.com).

Thanks for listening today!