

Common beliefs that weigh us down

(If you are a beginner in this practice, please pick something that is mild to moderately charged for you, rather than something that is extremely charged).

- I need to work hard for approval or love.
- I am not worthy of being loved; I don't deserve to be happy.
- Anyone I get close to will hurt me.
- I will hurt anyone I love.
- I need to be different (more attractive, intelligent, confident, successful) if I am to be loved or loving, happy, or at peace.
- Other people don't understand or appreciate me.
- I am invisible to others.
- I am special, smarter, better than others.
- It is dangerous to appear weak or needy.
- I am fundamentally unsafe in this world.
- I can't trust anyone not to take advantage of me.
- If I don't "get even" others will continue to hurt me.
- I am fundamentally flawed.
- I am a failure; I will fail at anything I do.
- God (life, other people) has betrayed me.
- I don't deserve the good things in my life.
- I have to do everything myself. I cannot ask for, or accept, help.
- I must continue to keep family / friends in my life without setting any boundaries even though they deplete me and consistently cause me harm because they cannot survive without me / I cannot survive w/o them.
- If I stop striving constantly and take breaks to relax, my whole life will fall apart around me.