

Limiting Beliefs

The following beliefs have different interpretations, as they are all, to some extent, vague—or at least ambiguous. There are different ways we interpret the statements of these beliefs. These statements of belief are *false* in the way we normally take them. When we act on these beliefs, we create problems for ourselves and for others. Once we change our perspective, these statements can be seen to be problematical, and can be dropped, thus no longer causing us to think in irrational ways.

- I know what you are thinking.
- I don't know what to do.
- Life is difficult.
- I know what is best for you/him/her.
- I can make a mistake.
- Something terrible is going to happen.
- There is something wrong with me.
- S/he should be nice to me.
- There should not be [war, crime, famine, suffering] in the world.
- The world is not a safe place.
- People are judging me.
- I am worthless
- People should listen to me.
- I am a failure.
- I need to know what to do.
- I don't know what to do.
- People should do what I want them to do.
- S/he betrayed me.
- I am right.
- I need to be in control.
- Money will make me happy.
- Children are supposed to love their parents.
- I should not make mistakes.
- People should keep their promises.
- I need a boyfriend/girlfriend to be happy.
- I must make a decision.
- I cannot do anything right.
- I have to work hard.
- The world owes me because I have paid my dues.
- Things should be easier for me.
- People should be grateful.
- Other people can hurt me.
- Other people can make me happy.
- I can disappoint others.
- There is too much to do.
- There isn't enough time.
- I should be different.