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LMA

COMMON SELF DEFEATING BELIEFS

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1. Emotional perfectionism: "I should always feel happy, confident, and in control of my emotions."

2. Performance perfectionism: "I must never fail or make a mistake."

3. Perceived perfectionism: "People will not love and accept me as a flawed and vulnerable human being."

4. Fear of disapproval or criticism: "I need everybody's approval to be worthwhile."

5. Fear of rejection: "If I'm not loved, then life is not worth living."

6. Fear of being alone: "If I'm alone, then I'm bound to feel miserable and unfulfilled."

7. Fear of failure: "My worthwhileness depends on my achievements (or my intelligence or status or attractiveness)."

8. Conflict phobia: "People who love each other shouldn't fight."

9. Emotophobia: "I should not feel angry, anxious, inadequate, jealous, or vulnerable."

10. Entitlement: "People should always be the way I expect them to be."
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