



## What are your Self-Defeating Beliefs?

- I must do everything perfectly all the time.
- I must be liked by everybody.
- I must never ask for help.
- When my ideas are rejected, I am being rejected.
- It is my job to be peacemaker.
- If I wait long enough something is bound to turn up.
- When the children have grown up, the mortgage is paid off, I get the next promotion etc ...  
then I will be able to ...
- I must be in control.
- I must keep proving myself.
- I must never get angry.
- If things go wrong then it must be my fault.
- If things go wrong then it cannot be my fault.
- I'm not really very good at - writing, speaking, cooking, figurework, being creative etc, etc.

**How much “truth” is there in this story you tell yourself, this theory you have?**

**What might be a different story you can tell yourself?**

