

SOUTHWEST INSTITUTE FOR GROUP & FAMILY THERAPY

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THOUGHTS/BELIEFS THAT CAN INTERFERE WITH GROWTH

1. People must love me or I will be miserable.
2. Making mistakes is terrible.
3. People should be condemned for their wrong doing.
4. It is terrible when things go wrong.
5. My emotions can't be controlled.
6. I should be terribly worried about threatening situations.
7. Self-discipline is too hard to achieve.
8. I must depend on others.
9. My childhood must always affect me.
10. I can't stand the way others act.
11. Every problem has a perfect solution.
12. I should be better than others.
13. If others criticize me, I must have done something wrong.
14. I can't change what I think.
15. I should help everyone who needs it.
16. I must never show any weakness.
17. Healthy people don't get upset.
18. There is one true love.
19. I should never hurt anyone.
20. There is a magic cure for my problems.
21. It's other's responsibility to solve my problems.
22. Strong people don't ask for help.
23. I can do things only when I'm in the mood.
24. Possible is the same as probable.
25. I am inferior.
26. I am always in the spotlight.
27. People ought to do what I wish.
28. Giving up is always the best policy.
29. I need to be sure to decide.
30. One must always be sure to decide.
31. Change is unnatural.
32. Knowing how my problem started when I was young is essential.
33. Everybody should trust me.
34. I should be happy all the time.
35. There is a secret, terrible part of me that controls me.
36. Working on my problem could hurt me.
37. The world ought to be fair.
38. I am not responsible for my behavior.
39. It is always better not to be genuine.
40. I have no problems.
41. Anxiety is always dangerous.
42. You can't tell me anything about me that I don't know.
43. People shouldn't act the way they do.
44. I should be able to control my kids' (or spouse's) behavior.
45. Will power alone can solve all my problems.