

Common Self-Defeating Beliefs (SDBs)

Achievement

1. *Performance Perfectionism.* I must never fail or make a mistake.
2. *Perceived Perfectionism.* People won't love or accept me if I'm flawed or vulnerable.
3. *Achievement Addiction.* My worth as a human being depends on my achievements, intelligence, talent, status, income, or looks.

Love

4. *Approval Addiction.* I need everyone's approval to be worthwhile.
5. *Love Addiction.* I can't feel happy and fulfilled without being loved. If I'm not loved, then life is not worth living.
6. *Fear of Rejection.* If you reject me, it proves that there's something wrong with me. If I'm alone, I'm bound to feel miserable and worthless.

Submissiveness

7. *Pleasing Others.* I should always try to please you, even if I make myself miserable in the process.
8. *Conflict Phobia.* People who love each other should never fight or argue.
9. *Self-Blame.* The problems in my relationships are bound to be my fault.

Demandingness

10. *Other-Blame.* The problems in my relationships are always the other person's fault.
11. *Entitlement.* You should always treat me in the way I expect.
12. *Truth.* I'm right and you're wrong.

Depression

13. *Hopelessness.* My problems could never be solved. I could never feel truly happy or fulfilled.
14. *Worthlessness/Inferiority.* I'm basically worthless, defective, and inferior to others.

Anxiety

15. *Emotional Perfectionism.* I should always feel happy, confident, and in control.
16. *Anger Phobia.* Anger is dangerous and should be avoided at all costs.
17. *Emotophobia.* I should never feel sad, anxious, inadequate, jealous, or vulnerable. I should sweep my feelings under the rug and not upset anyone.
18. *Perceived Narcissism.* The people I care about are demanding, manipulative, and powerful.
19. *Brushfire Fallacy.* People are clones who all think alike. If one person looks down on me, the word will spread like brushfire and soon everyone will.
20. *Spotlight Fallacy.* Talking to people is like having to perform under a bright spotlight. If I don't impress them by being sophisticated, witty, or interesting, they won't like me.
21. *Magical Thinking.* If I worry enough, everything will turn out okay.

Other

22. *Low Frustration Tolerance.* I should never be frustrated. Life should always be easy.
23. *Superman/Superwoman.* I should always be strong and never be weak.