

Name: Date:

Common Self-Defeating Beliefs*

Achievement	Depression
<p><input type="checkbox"/> 1. Perfectionism. I must never fail or make a mistake.</p> <p><input type="checkbox"/> 2. Perceived Perfectionism. People will not love and accept me as a flawed and vulnerable human being.</p> <p><input type="checkbox"/> 3. Achievement Addiction. My worthwhileness depends on my achievements, intelligence, talent, status, income, or looks.</p>	<p><input type="checkbox"/> 13. Hopelessness. My problems could never be solved. I could never feel truly happy or fulfilled.</p> <p><input type="checkbox"/> 14. Worthlessness / Inferiority. I'm basically worthless, defective, and inferior to others.</p>
Love	Anxiety
<p><input type="checkbox"/> 4. Approval Addiction. I need everyone's approval to be worthwhile.</p> <p><input type="checkbox"/> 5. Love Addiction. I can't feel happy and fulfilled without being loved. If I'm not loved, then life is not worth living.</p> <p><input type="checkbox"/> 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.</p>	<p><input type="checkbox"/> 15. Emotional Perfectionism. I should always feel happy, confident, and in control.</p> <p><input type="checkbox"/> 16. Anger Phobia. Anger is dangerous and should be avoided at all costs.</p> <p><input type="checkbox"/> 17. Emotophobia. I should never feel sad, anxious, inadequate, jealous or vulnerable. I should sweep my feelings under the rug and not upset anyone.</p> <p><input type="checkbox"/> 18. Perceived Narcissism. The people I care about are demanding, manipulative, and powerful.</p>
Submissiveness	<p><input type="checkbox"/> 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 look down on me.</p> <p><input type="checkbox"/> 20. Spotlight Fallacy. Talking to people feels like having to perform under a bright spotlight on a stage. If I don't impress people by being sophisticated, witty, or interesting, they won't like me.</p> <p><input type="checkbox"/> 21. Magical Thinking. If I worry enough, everything will turn out okay.</p>
Demandingness	Other
<p><input type="checkbox"/> 7. Pleasing Others. I should always try to please others, even if I make myself miserable in the process.</p> <p><input type="checkbox"/> 8. Conflict Phobia. People who love each other shouldn't fight.</p> <p><input type="checkbox"/> 9. Self-Blame. The problems in my relationships are bound to be my fault.</p> <p><input type="checkbox"/> 10. Other-Blame. The problems in my relationships are the other person's fault.</p> <p><input type="checkbox"/> 11. Entitlement. You should always treat me in the way I expect.</p> <p><input type="checkbox"/> 12. Truth. I'm right and you're wrong.</p>	<p><input type="checkbox"/> 22. Low Frustration Tolerance. I should never be frustrated. Life should be easy.</p> <p><input type="checkbox"/> 23. Superman / Superwoman. I should always be strong and never be weak.</p>