

# **Top 20 Self-Defeating Beliefs**

## **Check the beliefs that apply to you:**

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- 1. I'm not good enough to be loved.
- 2. No matter what I do, I should be doing something else.
- 3. I can tell what will happen by what has happened.
- 4. If it hasn't happened yet, it never will.
- 5. If I were happy, I wouldn't do anything.
- 6. I upset people.
- 7. Asking for what you want is scary, very scary.
- 8. I should have worked this out by now.
- 9. If you know what I'm really like, you won't want me.
- 10. Better stop wanting; if you get your hopes up, you'll just get hurt.
- 11. If I fail, I should feel bad for a very long time and then be really scared to try again.
- 12. If there's something you don't like about yourself, (it's best to) hide it and hate it.
- 13. Sex is dirty and nasty; save it for the one you love.
- 14. I can't trust myself.

- 15. I don't know what I want.
- 16. If I feel good now, I'll be all alone.
- 17. If I'm grown up no one will ever help me. I'll be all alone if I really need help.
- 18. The one I'm with now is the only one who would ever want me and I'm not sure how long I can fool him/her.
- 19. Everyone else knows something that's wrong with me and they won't tell me.
- 20. I want bad things for myself.

## **WHAT YOU CAN DO ABOUT THEM?**

For each belief you checked, ask yourself these three questions:

1. Why do I believe that?
2. What might happen if I didn't believe that?
3. Is that true?

If you checked more than three beliefs, you owe it to yourself to read *Emotional Options* and *Travelling Free* by Mandy Evans, available from [amazon.com](http://amazon.com)

**TO YOUR HAPPINESS!**