

23 Ways to Screw Yourself Up

You will screw your life up with these beliefs.

1. It is essential to be perfect, completely competent, and without flaw in order to be worthwhile. Never make or admit to making mistakes.
2. I must be loved and approved of (admired, liked) by everyone. I must never offend. I must always be the nice guy.
3. I must find the perfect or “right” solution to every problem.
4. I have to be the best, the first, or right in every situation.
5. I must be the center of attention, the star attraction.
6. I must be dependent on someone stronger to protect and lead me.
7. I should retaliate and get even with everyone and everything that hurts me.
8. I must not let people know what I am really like. They will think less of me or use what they learn against me.
9. I must ventilate anger whenever I feel it.
10. I must be safe and secure at all times. I must be careful not to take any risks or chances.
11. I must be completely self-sufficient and independent.
12. The only thing worth being is a star (or a genius). Nothing less is worth working toward.
13. I should always be calm, cool and collected and never lose control.
14. I should always know the right answer.
15. I should be the perfect spouse, parent, lover, employee, son, daughter, church member.
16. A “real” man is a tough guy who never takes any guff from anyone.
17. A “real” woman should always be feminine, non-offensive, unassertive, and dependent.
18. I should always have my own way.
19. I have an easier/happier life when I avoid responsibilities and problems.
20. I should be able to succeed and be happy without discomfort and problems.
21. I should always be unselfish, considerate, generous, and happy.
22. The purpose of life is to work hard and to be productive.
23. If you try hard enough you can excel and anything and everything.