

Eleven Problem Beliefs

1. *Everybody must love me.*

This refers to the belief that we need love and approval all the time and from everybody. If somebody doesn't love us, we feel awful. We think, "Nobody loves me". We will do anything for love.

2. *I must be good at everything*

This is the idea that we must do everything well (or even better than everyone else) in order to feel good about ourselves. We can't fail. If someone else wins, we feel awful. We say to ourselves, "I lost, so I'm no good".

3. *Some people are bad and should be punished.*

Some of us believe that if someone does something that we judge as wrong, that person is "bad". We think, "They are terrible." We sometimes feel that way about ourselves also.

4. *Things should be different.*

This is the idea that it is awful when things are different than the way we want them to be. We think, "How terrible; things are just awful." We can't accept things the way they really are. We get upset if we can't change things to fit our ideas of what they should be.

5. *It's your fault I feel this way.*

This is the belief that if we are unhappy, it is because of what someone else said or did. It's not my fault that I'm unhappy," we say. We blame our unhappiness on the behavior of another.

6. *I know something bad will happen soon.*

Some believe that we need to always watch out for things to go wrong. If we don't worry, something bad might happen.

7. *It's easier not to even try.*

This refers to the idea that it is easier to avoid difficult tasks in life than to face them. It is the belief that life is too hard so we should not try. We think, "I give up. I want it to be easy. I can't try. It's too hard. I don't want to be responsible."

8. *I need someone stronger than me to take care of me.*

Some people believe that they should depend on other people who are stronger than they are. They tell themselves, "I am weak. I can't make my own decisions. Tell me what to think and do." But we are different from everyone else. We will need to learn to make our own decisions because we know ourselves best.

9. *I can't help being this way.*

This is the idea that things happened to us when we were little and that makes us the way we are. We say, "I'll probably always be this way. There is no hope for change."

10. *I should get upset about your problems.*

The idea that other people's problems should become our problems is often seen as showing that we care. We may believe that it is our job to solve other people's problems and to fix everything in their lives. Their problems are now our problems.

11. *There is only one good way to do things.*

Many of us believe that there is one right way to do things and the other ways are no good. Or we may believe that one way is best and if we don't do something the best way, it will be awful.