

## Eleven Healthy Beliefs

1. *Everybody doesn't have to love me.*

Not everybody has to love me or even like me. I don't necessarily like everybody I know so why should everybody else like me? I enjoy being liked and being loved, but if somebody doesn't like me, I will still be okay and still feel that I am an okay person. I don't need approval *all of the time*. I need some love but I don't need *everybody* to love me.

2. *It's okay to make mistakes.*

Making mistakes is something we all do, and I am still a fine person when I make a mistake. I am trying. Mistakes are a natural result of trying to do something new or difficult. I can accept mistakes in myself and in others.

3. *Other people are okay and I am okay.*

People who do things I don't like are not necessarily bad people. They should not necessarily be punished just because I don't like what they do. There is no reason why any other person should be the way I want them to be and there is no reason why I should be the way somebody else wants me to be. They are who they are; we all deserve basic respect and reasonable treatment.

4. *I don't have to control things.*

I will be fine if things are different than what I want them to be. I can accept things the way they are, accept people the way they are, and accept myself the way I am.

5. *I am responsible for myself.*

I am responsible for how I feel and for what I do. Nobody can make me feel anything. If I have a rotten day, I am the one who allowed it to be that way. If I have a great day, I am the one who deserves credit for being positive. It is not the responsibility of other people to change so that I can feel better.

6. *I can handle it when things go bad.*

I don't need to watch out for things to go wrong. Things usually go just fine, and when they don't, I can handle it. I don't have to waste my energy worrying.

7. *It is important to try.*

I can. Even though I may be faced with difficult tasks, it is better to try than to avoid things. Avoiding a task does not give me any opportunities for success, but trying does. Things worth having are worth effort. It's okay to be afraid. But, I can be afraid and still accomplish the task. I don't need to wait until I'm not afraid.

8. *I am capable.*

I don't need someone else to take care of my problems. I am capable. I can take care of myself. I can make decisions for myself. I can think for myself.

9. *I can change.*

I don't have to be a certain way because of what has happened in the past.

10. *Other people are capable.*

I can't solve other's problems for them. I don't have to take on other's problems. I don't need to change other people or to fix their lives. They are capable and can take care of themselves, and can solve their own problem. I can care and be of some help, but I can't and shouldn't do everything for them. Believing they are not capable of solving their problems is not an appropriate way of showing love.

11. *I can be flexible.*

There is more than one way to do things. More than one person has good ideas that will work. There is no "one and only" best way. Everybody has ideas that are worthwhile, even me. Some may make more sense to me than others, but everybody's ideas are worthwhile and everyone has something worthwhile to contribute.