

Unhealthy Voice Messages

People must love you or you will be miserable.

Making mistakes is terrible. You must always make the right decision.

You are an awful human being. You are no good.
You are inferior.

It is terrible when things go wrong.

You should really be worried.

Self-discipline is too hard for you to achieve.

Your childhood must always affect you.

Every problem has a perfect solution - so keep looking.

You should be better than others.

If others criticize you, you must have done something terribly wrong.

You can't change what you think.

You should help everyone who needs it.

You must never show any weakness.

Healthy people don't ever get upset or angry or hurt.

You should never hurt anyone.

Strong people don't ask for help.

Possible is the same as probably - if something bad can happen, it probably will.

You are always in the spotlight - people watch you.

People ought to do what you want them to.

People ought to be who you think they should be.

Change is too difficult to accomplish

Everybody should trust you.

If you are not happy, something is wrong with you.

There is a secret, terrible part of you that controls your life.