



Unhealthy beliefs about other people

Do you find yourself saying these beliefs about other people in your head? How does saying them make you feel? What actions or behaviors do you take after saying these beliefs to yourself? How have these beliefs affected the outcome of the situations that you are in?

- People ignore your needs
- People don't see or understand you.
- Peoples demand or expect too much.
- People are inconsiderate or impolite.
- People take advantage of you.
- People try to control you.
- People are selfish.
- People are stupid and thoughtless.
- People shame and/or criticize you.
- People keep you waiting.
- People are uncaring and/or ungenerous.
- People are manipulative.
- People are threatening or coercive.
- People are mean and cruel.
- People disrespect you.
- People are unfair or unjust.
- People are lazy or don't do their share.
- You're helpless and stuck and have no choice.
- People are incompetent.
- People are irresponsible.
- People don't help.
- People don't do the right thing.