

## Negative Beliefs

This list was created by Rebecca Picard, based on Maitri and Almaas.

### All Types – Trust and Safety

I don't trust.  
I don't trust the world.  
I don't trust G\_d, Source, the Universe.  
I don't trust reality.  
I don't trust that I will be taken care of.  
I don't trust myself.  
I don't trust my judgment/discernment.  
I don't trust myself with/around \_\_\_\_\_.  
I don't trust that I have the capacity to meet life's challenges.  
I don't trust that I can take of myself.  
I don't trust that I can let go.  
I don't trust the unknown.  
I don't trust others.  
I don't trust others to be there for me.  
I don't trust (specific person, animal, experience).  
I'll never surrender.  
Trusting is stupid.  
I'll only be okay if \_\_\_\_\_.  
I have to make it happen.  
I'm not safe.  
In order to be safe, I must do/be/have \_\_\_\_\_.  
I am not supported. It's not safe to relax.

### Point 1

There is something wrong with me; I am flawed.  
There is something wrong here, with the world, etc.  
I need to figure out what is wrong.  
I can and must improve myself, things, others.  
It's my job to fix what is wrong.  
I must strive to improve or correct myself, others, etc.  
I have to be perfect. Only if I am perfect, will I be okay, successful, prosperous, etc.  
Perfection is the goal; anything less is not good enough.  
I hate my imperfections. I hate myself. I resent trying to be perfect.  
Anything and everything I am, have, create or do could be better.  
I should be perfect, organized, successful, compassionate, virtuous, generous, helpful, etc. Reality is split between good and bad.  
Good and evil are real.  
I want/need to be good.  
I don't measure up.  
Someone else sets the standards.  
There are absolute standards, and I must meet them.  
Some things, people, experiences, aspects of me are better than others.  
My judgments and comparisons are real.  
I am right; I have to be right; I can't stand to be wrong.  
I am better than he/she/they is/are.

### Point 2

I am helpless and needy.  
The Universe won't give me what I want.  
I am separate.  
I exist in my own right.  
I want to get my own way.  
If I do it my way, I'll be okay.  
I can never seem to get what I want.  
My needs are endless.

I can make things the way I want them to be.  
If I can't make it happen, I'll feel humiliated.  
I can direct my own consciousness/mind.  
I know how things should be.  
I can choose and direct what happens.  
I am self-sufficient; I need nothing.  
I can't accept help.  
My preferences, prejudices and rejections are what matters.  
I can't surrender.  
In order to feel better, I have to take control.  
If I weren't so helpless, I could get my way.  
I can change my experience through my will.  
I pride myself on being loveable and generous.  
I have to be loveable and generous.  
I pride myself on my compassion.  
I must be compassionate.  
I pride myself on helping others.  
I am good at helping others.  
I must help others.  
I am proud of my humility.  
Neediness is disgusting.  
I am easily hurt.  
I vacillate between feeling superior and inferior.  
I can't stand people who humiliate me or others.  
I am empty.  
I lack substance.  
I am vulnerable.  
I am ashamed of myself.  
I must live up to my ideal of how I should be.  
Above all, I can't risk losing love.  
If I do or say \_\_\_\_, I'll lose \_\_\_\_\_'s love and approval.

### Point 3

I am what I do, accomplish and achieve.  
I am what I appear to be.  
I am my body.  
I am my appearance, including my face, body and clothing.  
Status matters. I can't stand to lose status.  
Appearance matters. I must look good at all times.  
I need approval, admiration and love from others.  
I must adapt to whatever others want me to be.  
I need an audience.  
My presentations must be outstandingly great.  
Without my accomplishments and status, I would be nothing.  
I must adapt to the expectations of others.  
I am the driving force in my life.  
I am the one who makes things happen.  
If I don't do it, it won't happen.  
If I don't do it, something bad will happen.  
I accomplish a lot on my own.  
I am independent.  
I can't depend on others.  
My environment doesn't adequately support me.  
I need to hold it altogether.  
I create and sustain my own world.  
Above all, I must not fail (I must succeed at everything I do).  
Failure is not an option.  
Actions are more important than wishes, dreams or attitudes.  
I can't rest.  
Even though I look as though I have it all together, I feel weak, inadequate, like a failure, inept, incompetent, etc.  
The physical, material world that can be seen and measured is the only thing that is real (or that really matters).  
I am inadequate.

I am helpless.  
I carry the weight of the world on my shoulders.  
I must strive to do more.  
I don't know how to go inside.

#### Point 4

I am an original, unique, special, independent, distinct, separate being with my own source and center.  
I am disconnected, estranged, alienated, cast out, and abandoned.  
I can't reach my Beloved.  
I am out of touch.  
I can't find myself.  
I have to be original, unique, special, sensitive and creative.  
People don't understand me.  
People abandon me.  
When I don't feel unique and special, I am depressed.  
I must stay in control. If I lose control, I'll die.  
Everyone leaves me.  
If only I could be in the right relationship, everything would be wonderful.  
Life is either romance or nothing.  
Beauty and romance are what makes life worth living  
I don't feel at home with myself; I never seem to be quite at home.  
Life is meaningless. I'm afraid that life is meaningless.  
If it isn't unique, it's meaningless.  
Anyone who is deep will be depressed, and the others don't interest me.  
The world is full of sadness.  
The one I love the most is unreachable and inaccessible.  
Happiness is fleeting.  
The grass is always greener over there, on the other side of the fence.  
Other people have what I want.

#### Point 5

I am separate from others, from the Universe and from God.  
I am a private person.  
I am my own person.  
I can't deal with reality.  
I am small and inadequate.  
The only safe place is alone.  
I am most comfortable in the world of ideas.  
I need to be knowledgeable.  
I need to see what is ahead.  
Observing with detachment keeps me safe.  
I need to hold on to what I've got.  
I need to conserve.  
I believe in my particular spiritual path.  
People drain my energy.  
People want to take from me.  
Groups are tricky.  
My beliefs and opinions keep me safe.  
I need to be helpful, useful, capable.  
People don't understand and appreciate my world.  
I need to understand and master my environment.  
Above all, I don't want to be a fool.

#### Point 6; Phobic

The world is a dangerous place.  
I have to be on alert, hyper vigilant.  
The world isn't safe.  
I'm not safe.

People are out to get me.  
If I let my guard down, I'll be hurt.  
If I don't stay alert, I'll be annihilated.  
Catastrophe is just around the corner.  
It's not safe to relax.  
I am edgy, insecure, touchy, scared, paranoid, alone, unsupported, abandoned and vulnerable.  
I must be devoted and loyal.  
I can't let go (of people, money, memories, things).  
My sharp mind can protect me from ever-present danger.  
Loyalty to \_\_\_\_ (authority figure, belief system, religion, etc.) keeps me safe.  
My devotion and loyalty keeps me safe.  
Goodness doesn't really exist.  
People always have a hidden agenda.  
I can't trust my body.  
I can't trust my impulses.  
I can't trust my aggression.  
I can't trust my sexuality.  
I need prestige, power, status, wealth, \_\_\_\_, to be safe.  
Money can protect me.  
I need physical security.  
I need financial security.  
I need an outer pillar of strength.  
I am weak.  
I have lots of anxieties.  
Nothing is real.  
Cynicism protects me from false hope.  
There is no such thing as true self or true nature.  
I can protect the underdogs from the bullies and corrupt ones.  
When people are deeply hurt, I am there for them.

#### Point 6; Counterphobic

The world is a dangerous place.  
I can handle all kinds of dangers.  
Above all, no one can know that I am afraid.  
Authority figures can't be trusted.  
I can stand up to any authority figure.  
I'll never be insecure, touchy, scared, paranoid, alone, unsupported, abandoned and vulnerable again.  
The best defense is a good offense.  
Everyone is full of shit.  
I need to win.

#### Point 7

I am lost.  
I'm not good enough.  
If I follow the right plan, I could be good enough in the future.  
I don't know what to do.  
I don't know which way or direction to go.  
I don't know what I want.  
I should know what to do, where to go, what my next step is, what my purpose is, but I don't.  
Everyone seems to know what they are doing and where they are headed except me.  
I need to do something, but I don't know what.  
I should not feel that way; I should feel this way.  
I want to feel \_\_\_ instead of \_\_\_\_.  
I am not experiencing what I am supposed to be experiencing.  
I am experiencing \_\_\_\_, when I should be experiencing \_\_\_\_.  
I must be, do or have \_\_\_\_ in order to be okay.  
I must be okay; I can't stand not feeling okay.  
I am supposed to know what is happening next.

I thought I was on the right track, but it turned out to be another dead-end.  
I must have taken a wrong turn somewhere, because I'm not where I'm supposed to be.  
If I try everything, maybe I'll find my way.  
There is so much to see, do and experience!  
I love endless possibilities.  
I can't stand limitations.  
I hate being pushed.  
I can't tolerate being told what to do.  
If it isn't fun, forget it.  
As long as I keep moving, I'll feel fine.  
I need a plan.  
I don't have a plan.  
There is never enough time.  
Details are boring.  
I have trouble focusing.  
I am easily distracted.  
Life is SO exciting!  
Life is supposed to be a bowl of cherries.  
If I don't do \_\_\_\_\_, I'll miss my golden opportunity.  
There is always another golden ring.  
God or Source gave me lots of potential and opportunity, and I blew it.  
I'll never live up to my potential. I am a disappointment.  
I need to stay on the sunny side of life.  
I need to have it all together.  
If I were living correctly, I would always feel boundlessly happy.  
I should be happy.  
If I am, do, have \_\_\_\_\_, I'll be happy in the future.  
Above all, I don't want to be bored.  
Above all, I don't want to be seen as a phony.

### Point 8

I am my body.  
I am insatiable.  
I am bad.  
I am an animal.  
I have an insatiable appetite for life, love, sex, food, \_\_\_\_\_.  
My inner drives are not acceptable.  
My lust for life gets me in trouble.  
I am not entitled to satisfy myself.  
People don't accept me.  
People can't handle my energy.  
People misunderstand my intentions.  
I bowl people over.  
I am too much.  
I have more energy than almost anyone else.  
People try to interfere with my energy and desires.  
I am more aggressive than most people.  
I have no patience for weakness.  
I can't control my impulses.  
I can't control my desires.  
I don't trust my impulses.  
I need to be strong.  
I need to be in charge.  
I am guilty.  
I am not guilty.  
It's all \_\_\_\_\_'s fault. (not mine)  
People blame me for things that are not my fault.  
I am almost always right.  
Above all, I don't want to be weak or vulnerable.  
The best defense is a good offense.  
The best policy is Don't F\_\_\_ with me.

People betray me.  
I need power.  
People try to disempower and control me.  
Justice is important to me.  
I can't tolerate injustice.  
I can't tolerate phonies.  
I stick up for the underdog.  
I have little patience for phony social conventions.  
Sometimes, you just have to fight.  
I am tough.

### Point 9

I am not loveable.  
I am not worthy of love.  
I am not good enough.  
I am not enough.  
Something is not quite right.  
I am second class.  
I am intrinsically inferior.  
I am not precious.  
I am deformed; ugly; my body is flawed.  
If he/she/they really knew me, they would see my lacks.  
Reality is the everyday world.  
Reality is what I learned from my mother.  
Reality is what most people believe in; consensus reality is the real deal.  
I am not important.  
I am not valued.  
I am not worthy of attention.  
I don't get the attention I deserve.  
I don't want attention.  
I'm not worth it.  
It's not worth it.  
People don't appreciate me.  
I'll do whatever it takes to fit in.  
If I take care of others, I'll be okay.  
I don't need anything.  
I'll never have more than enough.  
I (am not) (was never) popular.  
My work is not worthy of attention.  
I do not treasure my existence.  
Everything valuable is outside of me.  
Survival comes first; I am good at surviving.  
As long as I pay attention to surviving, the rest will be okay.  
Inner work is a luxury.  
Inner work isn't worth it.  
Inner work is a waste of time.  
I don't know what inner work is.  
I don't understand inner work.  
I'm tired.  
I'm not one of THOSE people.  
People who are inferior to me get all the (women, men, money, attention, love, etc.).  
I am better than that.  
I believe in common sense.  
I believe in good and evil.  
It's not safe to get too far off the beaten path.  
I just want to belong and blend in; maybe then I'll be accepted.  
As long as I'm comfortable, I'm fine.  
I am a simple man/woman.