

ANXIETY

Techniques
used to
Overcome
Self-Limiting
Beliefs



Techniques used to Overcome self limiting beliefs

Self-defeating beliefs may create or exacerbate anxiety. Below is a list of self-defeating beliefs that lead to anxious thoughts and ways to overcome them.

- **FILTERING:** Focusing on the negative to the exclusion of the positive.
- **SOLUTION:** When you're thinking/feeling bad, try to do the opposite.
- **BLACK & WHITE THINKING:** Things are good or bad – it's all or nothing with no middle ground. **SOLUTION:** Look for the exception to your point of view – yes, but. . .
- **OVERGENERALIZATION:** Exaggerating or taking things to the extreme.
- **SOLUTION:** Avoid words such as: always, never, every, all, none, everybody, and nobody. Question the extremes. Is there any time that is not true?
- **MIND READING:** Making assumptions about an outcome or someone's motivation. **SOLUTION:** Can you really know what's going to happen or why something happens? What another person's intentions are? How can you know for sure? What are other possibilities?
- **CATASTROPHIZING:** AKA awfulizing – expecting and projecting the worst. **SOLUTION:** Remember that there is usually more than one possible outcome and the worst catastrophe usually does not happen.

- **PERSONALIZATION:** It's all about me – my fault – I did it wrong – they hate me – I am the only one who can do this. **SOLUTION:** How do you know?
 - Prove it, or consider other possibilities. Let others take ownership.
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- **CONTROL FALLACIES:** Either you have no control or you can control everything. **SOLUTION:** Let go of what you can't control and be realistic
 - about what you really can control.
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- **FALLACY OF FAIRNESS:** You think everything should be fair. **SOLUTION:**
 - Life is not fair. Accepting this will help you have more realistic expectations.
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- **BLAMING:** You don't take responsibility for your choices and project fault onto others. **SOLUTION:** Take responsibility for your choices, including
 - your feelings. Nobody else can make you feel or do anything. How you feel or react is up to you. Blame isn't necessary/helpful - it is what it is.
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- **SHOULDs:** Words like should, ought, and must foster impossible expectations and often result in disappointment, resentment, and failure.
 - **SOLUTION:** Flexibility is the key here. Give yourself and others the benefit of the doubt.
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- **EMOTIONAL REASONING:** A belief that your emotions are based in truth.
 - **SOLUTION:** Challenge emotions with logic. Look for exceptions that are reasonable and possible.