

## SOME EXAMPLES OF COMMON SELF-DEFEATING BELIEFS

### AND REALISTIC ALTERNATIVES

#### Self-Defeating Belief

1. One should be liked or approved of by almost everyone.
2. To be worthwhile, one must be competent in all respects.
3. Things should always be the way we want them to be, and it's terrible when they aren't.
4. A person's present and future behavior is irreversibly dependant on significant past events. People can never change.
5. Every problem must have an ideal solution, and it's really bad when this solution is not found.
6. Everything I do must automatically lead to an immediate payoff.
7. Individuals have little control over their personal happiness or misery.
8. If there is some possibility that something can go wrong, one should worry about it a great deal.
9. It is easier to avoid than to face difficulties and responsibilities inherent in living.
10. People can't be trusted to make their own decisions.



#### Realistic Alternative

1. No one is liked by everyone. It's unrealistic to expect to be.
2. One should not expect to be perfect in all respects.
3. Things are not always the way we want them to be, but that's not the end of the world.
4. People can and do change.
5. Many problems don't have ideal solutions. It's unrealistic to expect them to.
6. Realistically, only a small proportion of what I do can be expected to lead to an immediate payoff.
7. We can exercise a great deal of control over our own happiness or make our misery worse.
8. We should make reasonable preparations for adversity, but excessive worrying won't help.
9. In the long run, it's better to face difficulties and accept responsibility for managing them.
10. I can facilitate other people's decision making, but I can't make decisions for them.