

Universal Beliefs

- I need to know what to do.
- I don't know what to do.
- I know what is best for others.
- I know what is best for myself.
- Something terrible is going to happen.
- It's possible to make a mistake.
- People should not lie.
- People should respect me.
- I can control how others feel about me.
- I feel your energy.
- I need more money.
- Life isn't fair.
- Parents should love their children.
- Children should love their parents.
- I need to make a decision.
- I can't do anything right.
- I can disappoint people.
- I don't want to look foolish.
- There's too much to do.
- There's not enough time.
- I know what you need.
- I am worthless.
- It's my job to make you happy.
- I need a partner to be happy.
- It's my fault.
- I should be different.
- I missed my chance.
- I need to be careful in life.
- People should listen to me.
- I'm not good enough.
- I am a failure.
- _____ doesn't care about me.
- I need to understand.
- I need to do it right.
- I did it wrong.
- There's something wrong with me.
- S/he rejected me.
- S/he doesn't trust me.
- There shouldn't be war in this world.
- Women shouldn't be so emotional.
- People shouldn't use animals (medical research, food, etc.).
- The world isn't a safe place.
- People are destroying the environment.
- People are judging me.
- I know what they're thinking.
- They should agree with me.
- I have to work hard.
- People should keep their promises.
- Other people can hurt me.
- Money will make me happy.
- I'm too fat (thin).
- I need to be in control.
- My body should be healthy.
- People are not trustworthy.
- _____ betrayed me.
- There is a purpose to my life.
- I need to know my life's purpose.
- Life is difficult.
- People should be grateful.
- My boss should appreciate me.
- I don't belong.
- People shouldn't be angry.
- _____ did it wrong.
- I am right.

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