

12 Beliefs that screw you up...

1. I need to be liked by everyone.
2. I should not make mistakes.
3. Other people should behave the way I want them to.
4. My life should go exactly as I plan it and have no setbacks.
5. I have no control over how I feel and I am a victim of negative life events.
6. If I don't spend time worrying about things and remain anxious about life bad things will start happening to my loved ones and me.
7. Happiness is achieved by not taking life seriously.
8. I have to rely on someone stronger than myself; I am not strong enough to do life by myself.
9. My life stinks because of what has happened to me in the past and I cannot escape this reality.
10. I have to be unhappy when a close friend or family member is unhappy and upset when they are upset or I am not being a good friend/family member.
11. I should not feel discomfort or pain in life. I should avoid things that I cannot stand.
12. Every problem has an ideal solution and one must stop everything until that solution presents itself.

12 Beliefs that keep you sane...

1. Being liked or loved is important, but it is okay to go through periods where you feel you have neither. These times when you feel you are not liked or loved should be used to further develop your own identity.
2. We will never do better than our best effort and mistakes are natural. Also, it is very important to accept yourself for who you are and separate this identity from the results of your performances.
3. Other people are always going to do things you do not agree with. Humans are just not perfect yet, including you, and upsetting yourself about someone else will not make that fact change.
4. No life ever goes perfectly. The secret is how quickly one can adapt to the changes life presents.
5. Actually life events don't cause feelings, our thoughts about those life events do. Control how you think about life events and you will control your feelings. Do yourself a favor and be an optimist! The world needs positive energy to move in the right direction. "Cynicism is what passes for insight amongst the mediocre."—Joe Klein
6. Worrying about things will not stop life from happening. It will make life disturbing right now. Remember that speculating about a future negative occurrence is much more anxiety provoking than the anxiety that comes from going through the actual event that you fear.
7. Avoiding makes life easier in the short term, but avoiding becomes a full time job after awhile and actually becomes much more time-consuming than dealing with life issues as they arise.
8. It is okay to seek help as long as you have learned to trust yourself as well. Being psychologically dependent on others to make decisions for you leaves you vulnerable to exploitation.
9. It is not the past that makes your life stink. It is your current beliefs about the past that make you feel hopeless. We can always choose to analyze our past, learn from it, and make today work better for us. (Counseling helps with this!)
10. Sometimes being a good friend means being strong and supportive. Misery loves company but it doesn't provide an exit strategy for itself.
11. People who avoid suffering or pain through various addictive or avoidant behaviors stop their own emotional development. We learn new strategies for life by suffering through bad times. Parents who protect their children from suffering through the pains of life produce adults who have the emotional intelligence of children.
12. Problems have multiple solutions. It is most efficient to stop waiting for a perfect solution, make a decision, and get on with your life.

