

A Listing of Some Seself-Defeating Beliefs [SDBs]

What kind of life outcomes will eventually emerge in a person's life when this person embraces a few, or numerous of the following self-defeating beliefs or self-hindering thought patterns?

"I am afraid to fail in most things."

"I am uncomfortable around authority figures almost all the time."

"I am usually afraid of criticism."

"Angry people really frighten me."

"I don't like being alone so I want to be with people all the time."

"I usually cannot wait for anything and I want immediate gratification."

"I really expect to get hurt in close, intimate relationships."

"I almost always have difficulty completing a project from beginning to end."

"I almost always feel compelled to please those around me."

"I am very critical of myself – always striving for improvement – especially professionally."

"I feel a need to have control over my environment as much as possible."

"I am usually afraid of conflict and seek to avoid it wherever possible."

"I hate taking on relationship problems directly and talking them through immediately."

"I take all my health situations and work situations to the extreme, imagining the worst possible scenarios occurring, then worry about how I can be prepared to deal with them."

"No matter what I do or how good I perform, I am never good enough to please others important to me."

"I cannot stand to be in a locked closed room, especially alone, and not be able to get out."

"My self-talk messages are usually put-downs and I often think negatively."

And there are hundreds, if not thousands, more!