

Step 4
Info

Example of lies I tell myself:

Creating the Life You Want 2

Sample Core Emotional Beliefs

"I can't do it"

"If I'm too great, people will be jealous and hate me"

"This always happens to me"

"I (and what I want) don't matter"

"Why bother?"

"Spiritual people can't have money and stay pure"

"If I act stupid, weak, or incompetent, others will feel bad for me and take care of me"

"If I get angry and express my true feelings, I will be rejected, left, or unloved"

"I'm stupid"

"I'm weak, lazy, and powerless"

"I'm a victim"

"I'm never going to get what I really want, so why try?"

"I don't deserve good things"

"This is never going to work out"

"There's not enough...love, money, food, happiness"

"I'm unlovable"

"I'm undeserving"

"I'm unlucky...or jinxed"

"Good things never happen to me"

"Here we go again..."

"If I'm successful, I'll be punished or something bad will happen"

"If I'm rich, I'll lose it all or people will use me for my wealth"

"If people really knew me, they'd reject me"

"I am a loser"