

## Self-Defeating Beliefs

1. Emotional Perfectionism: "I should always feel happy, confident, and in control of my emotions."
2. Emotophobia: "I should never feel angry, anxious, inadequate, jealous or vulnerable."
3. Conflict Phobia: "People who love each other shouldn't fight."
4. Entitlement: "People should be the way I expect them to be."
5. Low Frustration Tolerance: "I should never be frustrated. Life should be easy."
6. Performance Perfectionism: "I must never fail or make a mistake."
7. Perceived Perfectionism: "People will not love and accept me as a flawed and vulnerable human being."
8. Fear of Failure: "My worthwhileness depends on my achievements (or my intelligence, or status, or attractiveness)."
9. Fear of Disapproval or Criticism: "I need everybody's approval to be worthwhile."
10. Fear of Rejection or Being Alone: "If I'm alone, then I'm bound to feel miserable and unfulfilled. If I'm not loved, then life is not worth living."