

## Pride-Based Distorted Beliefs

<p><b>The Perfectionist and Overachiever</b></p> <ul style="list-style-type: none"><li>• I'm only worth what I can achieve and prove to others.</li><li>• It's not okay to make a mistake.</li><li>• I have to be perfect (to be loved, accepted, etc.).</li><li>• I'm stronger/better because I can take on more than others.</li><li>• Others like me because I'm easy/good/compliant.</li></ul>	<p><b>The Pleaser</b></p> <ul style="list-style-type: none"><li>• Pleasing others is more important than meeting my own needs.</li><li>• I'm unworthy of ...</li><li>• It is better to just accept what you have and not expect anything more.</li><li>• I don't have needs, I'm the giver; others need me, I don't need them.</li><li>• I fear being a burden to others.</li><li>• Having needs is weakness.</li></ul>
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## Shame-Based Distorted Beliefs

<p><b>The Downer</b></p> <ul style="list-style-type: none"><li>• Things don't work out for me.</li><li>• I am not enough.</li><li>• I can't do it.</li><li>• I'm a burden to others.</li><li>• I'm too needy</li></ul>	<p><b>The Blamer</b></p> <ul style="list-style-type: none"><li>• Nothing is my fault; I'm never wrong.</li><li>• Things always happen to me.</li><li>• Other people are ... (negative qualities)</li><li>• Others must be how I need them to be.</li><li>• When I get the ... I need, I'll be happy.</li></ul>
<p><b>The Love Dependent</b></p> <ul style="list-style-type: none"><li>• Nobody could love me.</li><li>• I never fit in; I'm always on the outside looking in.</li><li>• I'm only worth something if people approve of me.</li><li>• I expect to be lonely; I'm not worthy of love.</li></ul>	<p><b>The Controller</b></p> <ul style="list-style-type: none"><li>• I should always be in control.</li><li>• I'm not enough.</li><li>• Everything I do is judged.</li><li>• The world is not safe.</li><li>• People must behave as I want.</li><li>• People can't hurt me if I hurt them first.</li></ul>

## Affirmations for Distorted Beliefs

### The Overachiever/Perfectionist

- I am worthy of love, simply for being a living, breathing person.
- I live my life with respect for the middle way; I choose balance over extremes.
- I am respectful of my own physical, emotional, and spiritual health.
- My efforts only need to be "good enough," not perfect.
- I can pick and choose when I want to excel; not everything has to be above and beyond.
- I can achieve more with ease and grace, as I allow myself room to breathe.
- I do not run my life on adrenaline, slow and steady wins the race.
- Perfection is not actually attainable or sustainable, so I choose authenticity.
- I release my need to cover shame with perfection; I am perfectly imperfect.
- There is no such thing as perfect. I am good enough just the way I am.
- Wholeness is light and shadow. Shadows inspire growth and change. I am fine just the way I am, and, through self-realization and actualization, I grow better every day.

### The Pleaser

- Self-care is not selfish; my emotional and physical needs are essential.
- I must take care of myself before I'm able to effectively help others.
- I realize that enabling others is crippling to them.
- I do not enable, rationalize, or cover up dysfunctional behavior in myself or others.
- All relationships have ruptures and repairs; conflict is inevitable and healthy conflict is achievable.
- I share generously only within healthy boundaries of mutual respect and appreciation.
- I know and respect my limits; I do not give to other at the sacrifice of myself.

### The Downer

- It's okay to be happy! I have a right to feel the full range of human emotions.
- I am capable of feeling positive emotions just as strongly as negative emotions.
- I can feel safe in my personal growth because I have the resources to handle life's challenges.
- I am flexible and can pivot; flexibility is a sign of a healthy system.

- I am no better or worse than others. We are all making our way through life for the first time and doing our best.
- I recognize, activate, and trust my own healthy instincts.
- My inner knowing will guide me I believe, "IT IS POSSIBLE"!

### The Love Dependent

- I value authenticity in myself and others; I refuse to play pretend.
- My authentic self is beautiful; I choose to surround myself with people who love, accept, and embrace authentic me.
- I am only and totally responsible for my own well-being, choices, thoughts, and actions as others are for theirs.
- I do not need to depend on everyone; I can choose who to depend on. My love, trust, and loyalty are bestowed only through consistent, loving behavior.
- Self-love is a potent mix of warmth and compassion.
- I share intimacy, warmth, and affection within healthy boundaries of mutual trust, respect, and appreciation.

### The Blamer

- Owning my mistakes is a mature choice.
- Mistakes and failures are an opportunity to learn and grow.
- I do not blame others; I take full responsibility for my life, my choices and my well-being.
- Taking responsibility for myself enables me to have relationships of mutual respect.
- Blaming other keeps me a victim and I chose to have agency in my life.

### The Controller

- Control is an illusion; the only thing/person I can control is myself.
- I trust the flow of life; I surrender into divine ordinance.
- My emotions can still be heard when I express myself calmly.
- It's okay if some people don't like me, I can tolerate uncomfortable feelings.
- When I use words like "everyone" or "everything," I am thinking in black and white.
- Life is not perfect; imperfection is the norm. I can tolerate the messiness of life.
- I can see the truth in the present moment. They do not hate me, I hate me.
- I can figure out ways to manage my anxiety such as breath-work and exercise to replace the need to control.