

Universal Beliefs

- *I need to know what to do.*
- *I don't know what to do.*
- *I know what's best for others.*
- *Something terrible is going to happen.*
- *I can make a mistake.*
- *People shouldn't lie.*
- *People should respect me.*
- *I can control how others feel about me.*
- *I feel your energy.*
- *I need more money.*
- *Life should be fair.*
- *Parents should love their children.*
- *Children are supposed to love their parents.*
- *I need to make a decision.*
- *I can't do anything right.*
- *I can disappoint people.*
- *I don't want to look foolish.*
- *There's too much to do.*
- *There's not enough time.*
- *I know what you need.*
- *I am worthless.*
- *I need a partner to be happy.*
- *It is my fault.*
- *I should be different.*
- *I missed my chance.*
- *I need to be careful in life.*
- *People should listen to me.*
- *I am not good enough.*
- *I am a failure.*
- *_____ doesn't care about me.*
- *I need to understand.*
- *I have to do it right.*
- *I did it wrong.*
- *There is something wrong with me.*
- *S/he rejected me.*
- *S/he doesn't trust me.*
- *There shouldn't be war in this world.*
- *Women shouldn't be so emotional.*
- *I am not lovable.*
- *People shouldn't use animals (medical research, food, etc.).*
- *The world is not a safe place.*
- *People are destroying the environment.*
- *People are judging me.*
- *I know what they are thinking.*
- *They should agree with me.*
- *I have to work hard.*
- *People should keep their promises.*
- *Other people can hurt me.*
- *Money will make me happy.*
- *I'm too fat, thin.*
- *I need to be in control.*
- *My body should be healthy.*
- *People aren't trustworthy.*
- *_____ betrayed me.*
- *There is a purpose to my life.*
- *I need to stay alive.*
- *People should be grateful.*
- *My boss should appreciate me.*
- *I don't belong.*
- *People shouldn't be angry.*
- *_____ did it wrong.*
- *I am right.*
- *I know what's best for me.*
- *I know what you are thinking.*
- *You don't care about me.*
- *Life is too difficult.*
- *I can't do it right.*
- *I lost my chance.*
- *I am flawed.*
- *I am special.*
- *S/he wants me to support him/her.*

Universal Beliefs

- *Other people have it better than I do.*
- *I'll always struggle in my life.*
- *I'll never have a healthy relationship.*
- *I'm damaged goods.*
- *I will never change.*
- *I don't have enough courage.*
- *I will continue to fail.*
- *People are evil.*
- *People are destructive.*
- *I need to be safe.*
- *I need to be tough.*
- *I need to protect myself.*
- *_____ manipulates me.*
- *I need my Dad/Mother.*
- *I need to be respected.*
- *I was neglected.*
- *I need to save others.*
- *I'll always struggle.*
- *I'm damaged.*
- *I'll never get over it.*
- *I am inadequate.*
- *My parents should accept me.*
- *The world is unfriendly.*
- *My body restricts my life.*
- *The client needs to like me.*
- *People need to know me.*
- *The client needs to know I understand.*
- *I know what's best for the client.*
- *I need to be a good facilitator.*
- *I need to get it right.*
- *I can't be honest.*
- *I need to look good.*
- *I need to take care of the client.*
- *I can't trust the four questions.*
- *There is a wrong way to do things.*
- *I need my space.*
- *Life is not safe.*

- *I shouldn't be ignored.*
- *Parents abandon their children.*
- *He/she is the only one who can make me happy.*
- *I need to be like you.*

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- *I need my mother to communicate with me.*
- *My neighbor won't get rid of his _____*
- *I need her to die.*
- *I need her to be more loving and less negative.*
- *I need him to stop cheating me financially.*
- *S/he doesn't even care.*
- *S/he depresses everyone*
- *S/he should be kind to me.*
- *I need him/her to deliver on his/her promises.*
- *S/he doesn't appreciate what I did for her.*
- *S/he doesn't think for himself/herself.*
- *S/he should be less judgmental.*
- *S/he should be more approving.*
- *S/he's got a secret.*
- *I need her to keep her distance.*
- *I need him/her to believe me.*
- *I need him/her to listen to my side of it.*
- *I need him/her to make me more of a priority in his life.*
- *I need her/him to be honest with me.*
- *I need her/him to quit putting me down.*

Universal Beliefs

- *S/he didn't apologize.*
- *S/he is a sloppy housemate.*
- *S/he dominates every conversation.*
- *My partner should not scream at me in front of the baby.*
- *My parents sent me away*
- *S/he wants me to take all the blame.*
- *People abuse animals.*
- *My husband/wife cheated on me.*
- *My mother/father doesn't care about me.*
- *S/he delights in being destructive and hateful.*
- *S/he does not support me*
- *I should not act out in rage again.*
- *I'm too fat.*
- *Buildings and billboards are not nature.*
- *I was left behind.*
- *Women/men are impossible to please.*
- *Gay men are superficial and fake.*
- *People should stop trying to be fantastic.*
- *People should stop judging.*
- *Men don't make sense.*
- *Men are violent.*
- *Men make wars.*
- *It's my responsibility to make them happy.*
- *Men shouldn't rape women.*