

## Universal Beliefs

- *I need to know what to do.*
- *I don't know what to do.*
- *I know what is best for others.*
- *I know what is best for myself.*
- *Something terrible is going to happen.*
- *It's possible to make a mistake.*
- *People should not lie.*
- *People should respect me.*
- *I can control how others feel about me.*
- *I feel your energy.*
- *I need more money.*
- *Life isn't fair.*
- *Parents should love their children.*
- *Children should 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.*
- *It's my job to make you happy.*
- *I need a partner to be happy.*
- *It's my fault.*
- *I should be different.*
- *I missed my chance.*
- *I need to be careful in life.*
- *People should listen to me.*
- *I'm not good enough.*
- *I am a failure.*
- *\_\_\_\_\_ doesn't care about me.*
- *I need to understand.*
- *I need to do it right.*
- *I did it wrong.*
- *There's 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.*
- *People shouldn't use animals (medical research, food, etc.).*
- *The world isn't a safe place.*
- *People are destroying the environment.*
- *People are judging me.*
- *I know what they're 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 are not trustworthy.*
- *\_\_\_\_\_ betrayed me.*
- *There is a purpose to my life.*
- *I need to know my life's purpose.*
- *Life is difficult.*
- *People should be grateful.*
- *My boss should appreciate me.*
- *I don't belong.*
- *People shouldn't be angry.*
- *\_\_\_\_\_ did it wrong.*
- *I am right.*