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Limiting Beliefs

OR

*Believing Something
Doesn't Make It True!*

Not good enough (incompetent)

1. I am no good
2. I can't get it right
3. I am a klutz
4. I can't fix it
5. I am not good enough
6. I am unsuccessful
7. I'm not valuable
8. I am inferior
9. I am nothing
10. I am worthless
11. I am invisible
12. I am insignificant

Not good enough (unlovable)

13. I am not lovable
14. I am unacceptable
15. I am plain and dull
16. I am not special
17. I don't matter
18. I am unworthy
19. I am not interesting enough

Don't know, wrong

20. I don't know
21. I get it wrong
22. I am always wrong
23. I can't understand
24. I'm not understood
25. I am in the wrong place
26. I am no good
27. I am a mistake

Unwanted, different

28. I don't belong
29. I am unwanted
30. I am alone
31. I am unwelcome
32. I don't fit in anywhere
33. I don't exist
34. I'm nothing
35. I should not be here at all
36. I'm not anybody
37. I am left out
38. I am unsuitable
39. I am uninteresting
40. I am unimportant
41. I don't matter

Powerless, one-below

42. I can't do it
43. I can't
44. I am a victim
45. I am weak
46. I am powerless
47. I am a failure
48. I am ineffective
49. I don't have any choice
50. I am less than
51. I am helpless
52. I finish last
53. I am always number two
54. I am always one-below
55. I can't stand up for myself
56. I am inferior
57. I am a loser

Defective, imperfect, bad

58. I am inadequate
59. It's my fault
60. I am guilty
61. I am bad
62. I am not whole
63. I am imperfect
64. I am unattractive
65. I am flawed
66. I am stupid
67. I am awkward
68. I am slow
69. I'm not true
70. I'm dirty
71. I am ugly
72. I am fat
73. I'm shameful
74. I am unclean
75. I am useless
76. I am crazy
77. I have a mental problem
78. I am out of control
79. I can't make myself clear
80. I am mistaken
81. I am unbalanced
82. I will fail
83. I am a failure
84. I don't deserve to be loved
85. I don't deserve to be cared for
86. I don't deserve anything
87. There's something wrong with me
88. I am inadequate
89. I can't say, "No"

Shatter the Pattern

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