

The Power Of Beliefs

Using the chart below, review the area of focus and a typical belief someone might have in that area. Put yourself in that person's shoes and think; how could/would I change the language to make it empowering? What would I want the truth to look like?

AREA	BELIEF	TRUTH
Seeking approval	I need everyone's approval to be a worthwhile human being	
Seeking love	I must be loved to be a worthwhile and happy human being	
Seeking achievement	I must be productive and successful to be worthwhile	
Perfectionism	I should always try to be perfect	
Entitlement	People should meet my expectations because my expectations are reasonable	
Self-blame	I am to blame for most of the problems in my relationships with others	
Hopelessness	If I'm depressed or unhappy, there's not much I can do about it. My moods result from forces beyond my control	