

Stage Two: Beliefs and Affirmations

Instructions: Please read each statement below. Check the box for any of them that you may have thought or believed about yourself in the past month.

I sometimes believe/ tell myself:

- I must always enjoy myself and/or have and do whatever I want, regardless of the effect I (or my actions) have on anyone else.
 - I must/will do what I want now, regardless of the long-term consequences I cause to myself.
 - I don't want to change the other person (people or even the world) should change.
 - I cannot stand frustration or discomfort.
 - I will be/do/say whatever I have to in order to get what I want at any given moment.
 - Life, should/must be easy.
 - I must always be treated well and anyone who doesn't is just asking for revenge.
 - I do things simply because I can and don't care about long-term consequences.
 - People in my life are resources for money, sex, power, cover, or position.
 - I will not/do not want to take responsibility for my actions.
 - Exploiting, manipulating and taking advantage of others is okay as long as it gets me what I want or need.
 - If you have a conscience, the best way to handle it is to ignore it.
 - I won't change or alter my behavior even if it's the "right thing to do"
 - People who trust you are just asking to be exploited or preyed upon.
 - My unique version of what I sometimes tell myself:
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Instructions: Please read each of these affirmations below. Check the box of any you would like to hardwire into your belief system in order to improve some aspect of your life.

Some examples of what I now need to believe:

- Being self-absorbed has not gotten me what I thought/hoped it would.
- Nobody has *everything* they want.
- Life isn't always easy and I choose to accept that.
- I can't always control how people treat me, only my reaction to them: and when I react with anger, I cause myself additional pain.
- Frustration and discomfort are a part of life that can lead to good things, if only I am open to this.
- There are long-term benefits to me by treating others, as I would like to be treated.
- I can now face the challenges that come with life and seek long-term solutions.
- I can now genuinely value the people in my life--especially those who have been there for me.
- I now take responsibility and accept the consequences for my actions and behavior.
- I can now value things in my life that are larger than myself.
- There are ways to get what I want in my life and overcome challenges without exploiting/taking advantage of others or bringing negative consequences to myself.
- If I'm not treated well, I don't have to take it personally.
- My unique version of the affirmation(s) and new attitudes I need to hardwire:
