

Stage Four: 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:

- What some other person thinks of me is crucially important.
- I must be loved or approved of by others (specific person or people in general) and/or meet their expectations.
- Rejection by someone else is unbearable and a reason to reject myself.
- I can only accept myself to the degree that I am accepted by others.
- I must do well at everything I attempt. Any result less than perfection is totally unacceptable.
- Failing at something (e.g., a relationship, a job, an exam, a sexual performance, or to meet a goal) makes me a total failure (to myself, in the eyes of others, or both).
- _____ (fill in the name of someone specific) must love me in the exact way I require for our relationship to work if not, our relationship is unfulfilling and perhaps even untenable.
- Impressing others is an important priority for me.
- Even if I don't know a person well, I worry about what they think about me
- Looking foolish is unbearable.
- I must do whatever it takes to be accepted in order to feel good about myself.
- 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:

- I do not have to meet the expectations of others, in order to accept myself.
- People who won't accept me for who I am are no longer worth my time and attention.
- There is much more to life than putting boundless energy into fitting in and/or hoping others will admire and/or envy, love and/or approve of me.
- Love and approval from certain people may be nice, but not essential as I have told myself it is.
- I give myself unconditional acceptance regardless of who else does or does not.
- I can only do my best and I hereby let go of all versions of that impossible standard called perfection.
- Failing at something does not make me a failure.
- I can handle things even when I don't like them.
- How anyone else feels about me is out of my control.
- I can survive rejection. In fact each time I do, I am stronger for it.
- I can use performance anxiety to make my performance better and help me achieve my goals.
- I can certainly choose to impress someone, but *need* to impress nobody.
- Nothing and nobody can be absolutely perfect; not me, not my relationship, not my partner, not my children.
- My unique version of the affirmation(s) and new attitudes I need to hardwire:
