

ASSESSING ALTERNATIVE BELIEFS



Helping YOU
Choose a happier,
More fulfilling life

Here are some beliefs that have helped me be happier. It is not that they are right. But they may help you because we have accepted for so long that our beliefs are reality and truth and fact that it can help to have an idea of an alternative belief that someone else has chosen. You may generate different ones. You must figure out which one works for you.

Deceptive Brain Message	Alternative Message
If you don't return my phone call, you must not like me.	You have been busy. You don't like making phone calls. You like me.
If I am wrong, I am stupid.	If I am wrong, I am human. Being human means being imperfect.
I must take care of all my spouse's needs to keep his love.	I would like to be my best self with my spouse, but it is his job to be in love with me. I am worthy of love, just for being me.
Any job worth doing is worth doing well.	Any job worth doing just needs to get done.
I must be perfect to be worthy.	I love and accept my imperfections, which make me human.
If people see who I really am inside, they won't like me.	If people see the real me, with my flaws and vulnerabilities, they will have compassion. A perfect person would be hard to like.
If someone is mad at me, it is my fault and I am a bad person.	Other people are responsible for their own feelings. But did I transgress?
If I fail at something, I am worthless.	Failure is the price to pay for trying something worthwhile. What can I learn from this?
My worth is measured by what I do.	I am valuable as a human <i>being</i> , not as a human <i>doing</i> .
If XX happens, it will be AWFUL.	If my worst fear comes true, I will do ... I will be able to cope.
I must be nice so everyone will like me.	It's OK if there are people who don't like me. I lose my self trying to please everybody.
I <i>need</i> to have ... this person, this thing, this success, this security.	I want to have ..., and I'll be disappointed not to have my way, but we don't always get what we want. If I don't get it, I will survive.
I should ...	If I don't, X will happen, so I want to ...
If I forgive someone for harming me, it is accepting it, and they aren't punished.	Holding a grudge hurts me. Letting go frees me to move on.
If I _____, people will think something is wrong with me.	What do I care what other people think, if it is right for me?
If I am not "better than" another person, I am "less than."	All humans are of equal value as human beings.
There is not enough.	I have enough. I <i>am</i> enough.