



Beliefs

Beliefs are just thoughts we think a lot. We have lies and truths listed because it's important to understand that there is something we humans are good at knowing--the debilitating effects of lies and the edifying effects of the truths.

Words we think and speak crystallize our beliefs.

To learn that we are built for the truths that are listed here can be foreign at first. However, accepting these truths, however, helps us live more unencumbered so we can engage the world more meaningfully, less compulsively.

Quick tip: Make it a daily practice to choose three of these truths and repeat them throughout the day. These are also used in the "Resiliency Protocol" (found in Healing Practices) and during "Meridian Tapping" (found in Acute Symptom Relief).

LIES

I don't deserve love

I am a bad person

I am terrible

I am worthless (inadequate)

I am shameful

I am not lovable

I am not good enough

I deserve only bad things

I cannot be trusted

I cannot trust myself

I cannot trust my judgment
I cannot succeed
I am not in control
I am powerless
I am weak
I cannot protect myself
I am stupid
I am insignificant (unimportant)
I am a disappointment
I deserve to die
I deserve to be miserable
I cannot get what I want
I am a failure (will fail)
I have to be perfect (please everyone)
I am permanently damaged
I am ugly (my body is hateful)
I should have done something
I did something wrong
I am in danger
I cannot stand it
I cannot trust anyone
I cannot let it out
I do not deserve
I am trapped

TRUTHS

I am designed for love
I am a good (loving) person
I am fine as I am
I am worthy; I am worthwhile
I am honorable
I am lovable

I am designed as good enough
I am designed for good things
I can be trusted
I can (learn to) trust myself
I can trust my judgment
I can succeed
I am now in control
I now have choices
I am strong
I can (learn) to take care of myself
I have intelligence
I am significant (important)
I am okay just the way I am
I am designed to live fully
I am designed for blessing
I can get what I want
I can succeed
I can be myself (make mistakes)
I am (can be) healthy
I am fine (attractive/lovable)
I did the best I could
I learned (can learn) from it
It's over; I am safe now
I can handle it
I can choose who to trust
I can choose to let it out
I can have (deserve)
I have the choice to let go



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