

The Usual Suspects: Thoughts that clog up your mind

Choose a thought that is causing you particular stress. There is no 'right' or 'wrong' here. And it doesn't matter how 'small' it seems to you—if it stresses you out, it is important.

1. Everyday Life & Time Pressure

- ☐ I can't handle all of this.
- ☐ I don't have any time for myself.
- ☐ Everything is falling on my shoulders.
- ☐ I didn't get to what I had planned to do again.
- ☐ I should finally be more productive.
- ☐ I feel like a hamster in a wheel.
- ☐ I just can't find peace.

2. Career & Success

- ☐ I don't get the recognition I deserve.
- ☐ My boss doesn't understand my work.
- ☐ I am being exploited here.
- ☐ I am not good enough for this task.
- ☐ If others knew how little I actually know, I would be exposed.
- ☐ I always have to perform, no matter how I feel.
- ☐ My job is meaningless.

3. Relationships & Social

- ☐ He/she doesn't listen to me.
- ☐ My partner doesn't understand me.
- ☐ I am not being taken seriously.
- ☐ I am unimportant to my friends/family.

- ☐ I have to adapt to belong.
- ☐ I will be abandoned if I don't function.
- ☐ Others are happier than I am.

4. Finances & Future

- ☐ I don't have enough money.
- ☐ I will never manage to be financially free.
- ☐ I am insecure and at the mercy of life.
- ☐ I will fail.
- ☐ I always make the wrong decisions.
- ☐ The world is a hostile place and I am helplessly at its mercy.
- ☐ I will never reach my goals.

5. Health & Body

- ☐ My body is failing me.
- ☐ I should be more disciplined with myself.
- ☐ I am not attractive enough.
- ☐ I have no control over my health.
- ☐ I am responsible for my own pain.

6. Special Events & Conflicts

- ☐ He/she treated me unfairly.
- ☐ The situation is unbearable.
- ☐ I have to defend myself against this attack.
- ☐ This shouldn't have happened.
- ☐ I cannot handle this change.

What do I believe about myself?

Sometimes the worry is just the surface. Here are core beliefs that run deeper. Which one resonates with you?

- ☐ I am not good enough.
- ☐ I am not lovable.
- ☐ I am worthless.
- ☐ There is something wrong with me.
- ☐ I don't suffice.
- ☐ I am to blame / I am a failure.
- ☐ I can't handle it.
- ☐ I am alone / I don't belong.
- ☐ I am unwanted.
- ☐ No one loves me / takes me seriously / understands me.
- ☐ I am a burden / I am in the way.
- ☐ I have to be strong / I am not allowed to show weakness.
- ☐ I must not make mistakes / I must be perfect.
- ☐ I have to please everyone / I am not allowed to say no.
- ☐ I have to do everything alone / I am not allowed to ask for help.
- ☐ I have to function.
- ☐ I am responsible for everything.
- ☐ I am only loved if I perform.
- ☐ My feelings are wrong.

Beliefs we've adopted as "Truths"

These phrases often accompany us like unwritten laws:

- [] No pain, no gain.
- [] Business before pleasure.
- [] A rolling stone gathers no moss.
- [] All beginnings are difficult.
- [] The early bird catches the worm.
- [] Money makes the world go round.
- [] Money doesn't buy happiness.
- [] Save for a rainy day.
- [] What doesn't kill you makes you stronger.
- [] Beauty requires suffering.
- [] The wiser one gives in.
- [] Trust is good, control is better.
- [] Help yourself or no one else will.
- [] Everyone is for themselves.
- [] Life is no bed of roses.
- [] Where there's a will, there's a way.