



Identifying Self-Defeating Beliefs: Cognitive Vulnerability Worksheet

Your attitudes and personal values explain your psychological vulnerabilities. Once you've pinpointed your Self-Defeating Beliefs, you'll know exactly why you get upset and when you're likely to get upset in the future. Negative thoughts may happen when you're upset, but **Self Defeating Beliefs are always present.**

Achievement

- *Performance Perfectionism*: I must never fail or make a mistake.
- *Perceived Perfectionism*: People won't love or accept me if I'm flawed or vulnerable.
- *Achievement Addiction*: My worth as a human being depends on my achievements, intelligence, talent, status, income, or looks.

Love

- *Approval Addiction*: I need everyone's approval to be worthwhile.
- *Love Addiction*: I can't feel happy and fulfilled without being loved. If I'm not loved, then life is not worth living.
- *Fear of Rejection*: If you reject me, it proves that there's something wrong with me. If I'm alone, I'm bound to feel miserable and worthless.

Submissiveness

- *Pleasing Others*: I should always try to please you, even if I make myself miserable in the process.
- *Conflict Phobia*: People who love each other should never fight or argue.
- *Self-Blame*: The problems in my relationships are bound to be my fault.

Demandingness

- *Other-Blame*: The problems in my relationships are always the other person's fault.
- *Entitlement*: You should always treat me in the way I expect.
- *Truth*: I'm right and you're wrong.

Depression

- *Hopelessness*: My problems could never be solved. I could never feel truly happy or fulfilled.
- *Worthlessness/Inferiority*: I'm basically worthless, defective, and inferior to others.

Anxiety

- *Emotional Perfectionism*: I should always feel happy, confident, and in control.
- *Anger Phobia*: Anger is dangerous and should be avoided at all costs.
- *Emotional Phobia*: I should never feel sad, anxious, inadequate, jealous, or vulnerable. I should sweep my feelings under the rug and not upset anyone.
- *Perceived Narcissism*: The people I care about are demanding, manipulative, and powerful.
- *Brushfire Fallacy*: People are clones who all think alike. If one person looks down on me, the word will spread like brushfire and soon everyone will.
- *Spotlight Fallacy*: Talking to people is like having to perform under a bright spotlight. If I don't impress them by being sophisticated, witty, or interesting, they won't like me.
- *Magical Thinking*: If I worry enough, everything will turn out okay.

Other

- *Low Frustration Tolerance*: I should never be frustrated. Life should always be easy.
- *Superman/Superwoman*: I should always be strong and never be weak.