

s h i f t

Limiting Beliefs

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|--|--|---|
| <input type="checkbox"/> I am not good enough | <input type="checkbox"/> I cannot trust myself or others | <input type="checkbox"/> I am an object |
| <input type="checkbox"/> I am a failure | <input type="checkbox"/> I am stupid | <input type="checkbox"/> I am shameful |
| <input type="checkbox"/> I am wrong | <input type="checkbox"/> I am a bad person | <input type="checkbox"/> I am unclean |
| <input type="checkbox"/> I am incapable | <input type="checkbox"/> Bad things are going to happen | <input type="checkbox"/> I am crazy |
| <input type="checkbox"/> I am responsible for everyone | <input type="checkbox"/> I am unwanted | <input type="checkbox"/> I am boring |
| <input type="checkbox"/> I cannot succeed | <input type="checkbox"/> I am alone | <input type="checkbox"/> I am unbalanced |
| <input type="checkbox"/> I am inferior (less than) | <input type="checkbox"/> I am going to be abandoned (rejected) | <input type="checkbox"/> I will fail |
| <input type="checkbox"/> I am nothing | <input type="checkbox"/> I am unwelcome | <input type="checkbox"/> There is something wrong with me |
| <input type="checkbox"/> I am worthless (no worth) | <input type="checkbox"/> I am excluded | <input type="checkbox"/> I am defective |
| <input type="checkbox"/> I am unworthy | <input type="checkbox"/> I don't fit (belong) | <input type="checkbox"/> I am permanently damaged |
| <input type="checkbox"/> I am invisible | <input type="checkbox"/> I don't exist | <input type="checkbox"/> I am weak |
| <input type="checkbox"/> I am cursed | <input type="checkbox"/> I should die | <input type="checkbox"/> I am powerless |
| <input type="checkbox"/> I am unlovable (unloved) | <input type="checkbox"/> I am unimportant | <input type="checkbox"/> I am useless |
| <input type="checkbox"/> I am unacceptable | <input type="checkbox"/> It's my fault | <input type="checkbox"/> I am helpless |
| <input type="checkbox"/> I am not in control | <input type="checkbox"/> I am not whole | <input type="checkbox"/> I am mediocre |
| <input type="checkbox"/> I am not special | <input type="checkbox"/> I am unattractive | <input type="checkbox"/> I am a loser |
| <input type="checkbox"/> I don't matter | <input type="checkbox"/> I am flawed | <input type="checkbox"/> I am falling behind |
| <input type="checkbox"/> I am insignificant | <input type="checkbox"/> I am awkward | <input type="checkbox"/> I hurt everyone |
| <input type="checkbox"/> I do not deserve | <input type="checkbox"/> I am slow | <input type="checkbox"/> I cannot love |
| <input type="checkbox"/> I am a disappointment | <input type="checkbox"/> I am a fake (fraud) | <input type="checkbox"/> I am trash |
| <input type="checkbox"/> I am not understood | <input type="checkbox"/> I am disgusting | <input type="checkbox"/> I am entitled |
| <input type="checkbox"/> I am in the wrong place | <input type="checkbox"/> I am ugly | <input type="checkbox"/> I am an alien |
| <input type="checkbox"/> I am no good | <input type="checkbox"/> I am a nobody | <input type="checkbox"/> I am betrayed |
| <input type="checkbox"/> I am a mistake | <input type="checkbox"/> I am at risk | <input type="checkbox"/> I am privileged |
| <input type="checkbox"/> I am a horrible person | <input type="checkbox"/> I am inadequate | <input type="checkbox"/> I am a fuck up |
| <input type="checkbox"/> I am vulnerable | <input type="checkbox"/> I am fragile | <input type="checkbox"/> I am lazy |
| <input type="checkbox"/> I am in danger | <input type="checkbox"/> I am not valued | <input type="checkbox"/> I am mean |
| <input type="checkbox"/> I am a burden | | |
| <input type="checkbox"/> I am unappreciated | | |