

STEP 4: IDENTIFY COMMON NEGATIVE THOUGHTS AND SELF-LIMITING BELIEFS

*"It is the mind that makes the body."
Sojourner Truth*



Directions: Our thoughts are like songs on a playlist that is stuck in repeat play mode. They will keep replaying over and over until we reject them and replace them with a new playlist! But we first need to recognize our old songs that may need updating. Below is a list of some common negative thoughts that people have at Step 4 about themselves, others, and the situation. Check-off (☑) any that seem familiar:

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| <input type="radio"/> I can't handle this! | <input type="radio"/> What if I completely ruin this? |
| <input type="radio"/> The last time this happened I just froze and fell apart | <input type="radio"/> They will be angry when they hear about this I could make it worse |
| <input type="radio"/> I am not smart enough, good enough, competent enough, creative enough... | <input type="radio"/> I have to get this right! |
| <input type="radio"/> I will never be able to get this done in time | <input type="radio"/> I will let people down, disappoint them |
| <input type="radio"/> I am such a fraud | <input type="radio"/> People could be hurt if I don't do this well |
| <input type="radio"/> I will never be able to do this | <input type="radio"/> This could hurt my career |
| <input type="radio"/> What I do won't make any difference | <input type="radio"/> I will make a fool of myself |
| <input type="radio"/> Things won't change | <input type="radio"/> What if no one likes me |
| <input type="radio"/> What do I have to offer? | <input type="radio"/> I won't fit in or be accepted |

- I could be all alone in this situation
- What if I lose control?
- This is out of control!
- They won't understand
- They will attack me just like last time
- No one appreciates all I do for them
- If I confront them, they will ostracize me
- They are so biased and prejudiced
- They are such @!*^#! jerks
- They don't know what they are doing
- This is such a waste of time just like it always is
- I am smarter than any of them
- They are so incompetent
- They are all hypocrites
- They always make things so complicated
- This is going to be so hard and difficult
- No one else will ever step up to do any meaningful work on this project
- Everyone is always so difficult and unreasonable
- She is always so rude and obnoxious
- No one cares about what I think or feel
- They are so self-centered
- They'll just drop the ball again and I'll have to clean it all up as usual
- This will be like that time everything was such a disaster