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Self-Defeating Beliefs

1. Conflict Phobia: A belief that disagreeing or fighting makes us bad People or that people who love each other don't fight.
2. Emotional Perfectionism: The belief that we should be in control of our emotions all the time. Believing the one should always feel happy.
3. Performance Perfectionism: Believing that we should never fail or make mistakes in our performance in whatever roles we undertake.
4. Perceived Perfectionism: Believing that others will not love us because of our imperfections. Being flawed or vulnerable is unacceptable.
5. Fear of Disapproval or Criticism: Believing that we need everyone else's approval to make us okay. Corrections of any kind are devastating.
6. Fear of Rejection: Believing that any kind of perceived rejection means we are not loved and therefore life is not worth living.
7. Fear of Being Alone: Believing that spending time alone means that we are not wanted, leading to feelings of misery.
8. Fear of Failure: Belief that our worthiness is earned by accomplishments, i.e.: achievements, attractiveness, intelligence.
9. Emotionally Phobic: Believing that one should never feel anything other than happy. Feelings of anxiety, anger, inadequacy, jealousy or vulnerability are pushed down.
10. Entitlement: Believing that we are entitled to have things go our way. For our hurt and pain, we are owed this or that. Often stealing is a symptom of this.

