

Stress Beliefs

- Life should be easy
- It's all down to me
- I must be perfect
- I am not capable
- I don't deserve to be happy
- Life's a bitch, then you die
- My house must always be tidy
- I don't look good
- It matters what people think
- I must keep up appearances
- It's essential to be busy
- I'm as good as my last achievement
- I must always be there for my friends
- I don't matter – other people do
- Things always go wrong in the end
- I am important and deserve special treatment
- My family should never squabble
- Every day should be interesting
- I define myself by my job title
- I must not say no
- I can't resist temptation
- I'm an impostor
- I haven't fulfilled my potential
- I'm not good enough
- I'm lazy
- I must put the hours in to be successful
- I'm not very bright
- I am what I earn – that's status
- People like me don't get very far
- Nobody takes me that seriously
- I am indispensable
- I must be in control
- It's wrong to daydream
- I need to get on ...
- Time is money
- Faster is always better
- I don't have time to exercise
- Lunch is for wimps!
- Doing nothing is pointless and boring
- I must find a solution to every problem
- I am responsible for the happiness of others
- I need to be liked

You should have the hang of it by now ... add some of your own