

AFFIRMATIONS

Irrational Limiting Beliefs

I must never make mistakes

Other people should not make mistakes

Other people make me angry

Other people should live up to my expectations

My happiness depends on other people's behaviour and attitudes

I must live up to other people's expectations

I must win

Life should be fair and just

I must get my own way

I must always please other people

I must never get angry

I should always be happy

I must not cry

I can't be happy if people misjudge me

I get so angry when others don't do it like I would

Rational Positive Alternatives

The only way not to make mistakes is to do nothing at all.

No one is perfect. I accept that we all make mistakes

Others are OK. It's what they do that sometimes upsets me. I must tell them how I feel.

Others have a choice and do not need to live up to my expectations.

My happiness comes from within me and is not wholly dependant upon others.

I don't need to live up to others expectations to be OK.

According to the law of averages, you only win 50% of the time. I don't need to win to feel OK.

Life is not fair and just.

I can obtain satisfaction by letting others have their own way. I must learn to be influenced by others.

I can't please all the people all of the time.

Anger and frustration is normal-occasionally!

Understanding why I am not happy will help me grow.

It is OK to cry.

Perceptions need to be managed both ways

I must be realistic of my expectations of self and others