

You have to be pretty if u want people to like u

There is something wrong with me.

People can't be trusted, friends aren't real.

I have to be "good" to be accepted/loved/safe.

Ur not acting in my best interest so I'm going to shut the door on you

"All people need to like me (clients/professionals) otherwise I can't earn a living"

I can't be fully happy and free until I have finished my 9th step

They will NEVER be enough.

I can't count on the things/people I cherish/love/worship.

I let other people's opinion of me effect how I feel about myself

Men are supposed to provide.

This belief was blocking how God was wanting to be my supply

I'm too out of shape and old to be intimate.

I make other people's opinions of me more important than my opinion of me or God's opinion of me and it dominates me.

I can't be happy without the money I want.

When I'm not satisfied in one area of my life I'm not satisfied at all.

Governments should always take care of their people.

People should always be nice.

People should take care of me.

children should be seen and not heard

I will always lose so I don't even try

If i let everyone see the real me, than i have to life up to curtan expectations and i can't

Good neighbours should respect each others boundaries

If I go against the grain Ill be alone ///

If I stand up for what I believe Im a dick

If I can't remember what happened it didn't happen

I must stay silent I have nothing valuable to share

I will Always be a victim

i am not able to life a normal happy life

i am to broken for God to love me

I am nothing if not someone's sex toys.

What happens in/with family STAYS in/with family.

abuse is the price of love

I have no value since I do not make an income

I am wrong

Men/boys only want one thing.

No one will love me unless I am very skinny.

don't deserve to be naked until I starve myself into a beauty standard.

Females don't have same value as males

I am disposable

I need you to like me so I can like me

