

# Lies We Tell Ourselves

Have you ever said (thought) to yourself?

- I'm a failure
- I'm a fool
- I'm no good
- I'm hopeless
- I'm an idiot
- I'm so dumb
- I'm stupid
- I'm a jerk
- I'm ugly
- I'm unattractive
- I'm fat
- I'm a slob
- I'm lazy
- I'm clumsy
- I'm spastic
- I'm unlucky
- I'm no good at anything
- I'm lousy
- I'm always wrong
- I'm worthless
- I'm a loser
- I'm wasting my life
- I never win
- I never...get my way
- I never...have any luck
- I'll never amount to anything
- I'll never succeed
- I'll never get married
- I'll never be happy
- I'll never ...
- No one ever...
- Nobody ever...
- It Never...
- Everybody always...
- All the time
- Everywhere I go...
- Everything I do...
- Every time I try...
- I can't make myself happy
- I can't change my attitude
- I can't make anything work for me
- I can't even if other people can
- I can't lose weight
- I can't ever win
- I can't catch a break
- I can't do anything right
- I can't take it anymore
- I can't stand it anymore
- There I go again
- I'm so dumb
- I'm so stupid
- I'm not good at anything
- I'm miserable
- I'm a miserable friend
- I'm nervous
- I'm afraid no one will like me
- I'm afraid I'll fail.
- I'm a boring person
- I envy everyone else's happiness
- What a dumb thing to do
- How can anyone stand me?
- No wonder no one likes me.
- I have no talents
- Life is unfair
- It's not fair
- My life sucks, stinks, is ruined
- My life has no meaning
- My life is a waste
- It's wrong for me to be angry
- I might fail
- I might be rejected
- I might not be liked
- I might make a mistake
- I might be rejected
- I might as well...give up
- I might as well.....die
- I hate life...because...
- I dread tomorrow...because...
- I dread going out...because...
- Just my luck.
- It always happens to me
- I hate life...because...
- I hate people...because...
- I hate church...because...
- If only \_\_\_\_\_ ...I'd be happy
- If I were \_\_\_\_\_ ...I'd be happy
- If only people would \_\_\_\_\_ ...I'd be happier
- If only I were rich...I'd be happy
- If only I were married...I'd be happy
- If only I weren't married...I'd be happy
- If only I didn't have kids...I'd be happy

