

HANDOUT 5-6 The Dirty Dozen

1. **Needing Approval:** "Everyone I work with must approve of me at all times."
2. **Making Mistakes:** "I must prove thoroughly competent, adequate, and achieving at all times."
3. **Changing Others:** "I have an obligation to change others who act unfairly or obnoxiously."
4. **Catastrophize:** "When I get very frustrated, treated unfairly or rejected, I have to view things as awful, terrible, horrible and catastrophic."
5. **Others Cause Misery:** "My emotional misery comes from external pressures that I have little ability to change."
6. **Worry, Fret, and Fear:** "If something seems dangerous or fearsome, I must preoccupy myself with it and make myself anxious about it."
7. **Avoidance:** "It's easier to avoid facing difficulties and self-responsibilities than to do something about them."
8. **The Past:** "My past remains all-important, and because something once strongly influenced my life, it has to keep determining my feelings and behavior today."
9. **Unrealistic Expectations:** "People and things should turn out better than they do, and I must fix them."
10. **Competition:** "My worth can be measured by competitive situations."
11. **Source of Problems:** "The people and conditions in my life are the source of my problems."
12. **Negativity:** "Certain occurrences or events are negative by nature."