

Common Lies We Believe

- Everyone hates me.
- I am a burden.
- God does not care about me.
- I am a failure.
- Everything I do turns out bad.
- No one understands me.
- Nobody loves me.
- I must protect myself (or be hurt).
- I cannot please anyone.
- God never does anything for me.
- I always mess things up.
- I always mess up.
- Nothing I have to say is important.
- I'm just a passive person.
- I will never accomplish anything.
- I'll never be man enough.
- I don't deserve anything.
- I am a loser.
- I am not gifted.
- God does not love me.
- I am all alone.
- My opinions never matter.
- I am forgotten.
- I am hopeless.
- I am insignificant.
- I am never going to get anywhere in life.
- Everyone is against me.
- I am not accepted.
- I am not good enough.
- God cannot use me.
- I can't say anything right.
- I am not important.
- I can never change.
- I'll never measure up.
- I'm a burden to my parents.
- I am not special.
- I am not worthy of love.
- I cannot keep from failing.
- I am on my own.
- I am stupid.
- No one appreciates what I do.
- I can't speak in public.
- I am ugly.
- I am weird | different.
- I am worthless.
- I can never overcome _____.
- I can't hear from God.
- No one cares how I feel.
- I cannot be forgiven.
- I can't do anything worthwhile.
- I don't have any real friends.
- I have nothing to offer someone.
- I cannot speak well.
- I am boring.
- I was a mistake.
- I will never be a good as _____.
- God has no purpose for my life.
- I'll never be free.
- I'm not adequate.
- I'm not needed.
- I am always left out.
- I am an idiot.
- If I'm not perfect, I won't be loved.
- It's always my fault.
- I am not qualified.
- Everyone will be better off without me.
- I cannot please God.
- I don't fit | belong.
- My past will always define me.
- I am not likeable.
- Nothing I do is ever good enough.
- I am always wrong.
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