

Examples of Unhelpful and Problematic Assumptions:

- “I should be successful at everything I try”
- “If I am not successful, then I am a failure”
- “If I fail, then I’m worthless (I’m unlovable, life is not worth living etc.)”
- “Failure is intolerable and unacceptable”
- “I should get the approval of everyone”
- “If I am not approved of, then I am unlovable (ugly, worthless, hopeless, alone, etc.)”
- “I should be certain before I try something”
- “If I am not certain, then the outcome will be negative.”
- “I should never be anxious (depressed, selfish, confused, uncertain, unhappy with my partner, etc.)”
- “I should always keep my eye out for any anxiety”
- “If I let my guard down, something bad will happen”
- “If people see that I am anxious, they will think less of me (reject me, humiliate me etc.)”
- “My sex life (feelings, behaviours, relationships, etc.,) should be wonderful and easy at all times”.