*Most common negative beliefs*

Here is the basic list of common limiting or defeating beliefs:

1. I’m always a victim.
2. I’m a victim of injustice.
3. Life is unjust.
4. Life is so unfair.
5. Life is hard.
6. I’m not good enough.
7. I’m a bad person.
8. I don’t deserve to be happy.
9. Being happy is not possible for me.
10. I have to avoid embarrassment.
11. I must keep everything under control, otherwise who knows what can happen.
12. If you don’t have things under control, everything will fall apart.
13. The outside world has power over me.
14. Other people are stronger than me.
15. I am too gentle and sensitive.
16. I'm vulnerable.
17. The unknown is dangerous.
18. Unknown people can harm me.
19. Authorities can hurt me.
20. I must not take the risk.
21. Others are big, I'm small.
22. If I don’t obey, I’ll be punished.
23. It is very important what others think about me.
24. I only believe what I see!
25. I have to be generous to make others appreciate me and love me.
26. Others like to ridicule me.
27. My job is difficult.
28. I am incompetent.
29. I'm lazy.
30. I'm clumsy.
31. As I’m meeker, the others are more infest.
32. If you give him the finger, he will take your whole arm.
33. Bad people are attacking the weak and innocent.
34. I have to work a lot in order to gain something.
35. I should obey to the elderly.
36. I have no happiness in life.
37. Health is the most important.
38. No one should be trusted.
39. People are ruthless.
40. People pursue only their own interest.
41. I have too many commitments.
42. The others are to blame.
43. What goes around, comes around.
44. No pain, no gain.
45. I will not bother.
46. I don’t have time.
47. There’s something wrong with me because I’m different.
48. I don’t deserve to be successful.
49. Being successful is not possible for me.
50. The only way to be happy in life is to have lots of money.
51. The only way to feel important is to have lots of money.
52. Making money is the most important thing in life.
53. Being rich is not possible for me.
54. I don’t deserve to be rich.
55. Money only comes from hard work.
56. Money is the root of all evil.
57. Making money is difficult and takes a long time.
58. Money doesn’t grow on trees.
59. The rich are getting richer, the poor are getting poorer.
60. Money is evil.
61. Money is dirty.
62. The more money I have, the less money others will have.
63. It's not spiritual to have a lot of money.
64. The rich are unhappy and selfish.
65. I need start-up capital to get rich.
66. If I get rich people will hate me.
67. To get rich you have to lie, cheat or steal.
68. I'm not disciplined enough to get rich.
69. It is dangerous to have a lot of money.
70. The rich go to hell.
71. I must live an ascetic life in order to be spiritual.
72. Rich and successful people are better than me.
73. Rich and successful people are greedy.
74. I’m not lovable.
75. I can never do anything right.
76. I’m a failure.
77. I’m a looser.
78. I’ll never get what I want.
79. I’m stupid.
80. I’m just a nobody.
81. I hate myself.
82. I’m weak.
83. I’ll never make anything of myself.
84. I’ll never be at peace.
85. I can never be myself.
86. If I lose control, I’ll be vulnerable.
87. I’m afraid of confrontation.
88. I’m too old to get what I want.
89. I’m too old to change.
90. I’m too old to find love.
91. Nothing ever goes my way.
92. Nothing ever goes right for me.
93. Everything’s against me.
94. It’s me against the world.
95. Other people are better than me.
96. Other people don’t like me.
97. Attractive women/men are better than me.
98. Other people think I’m weird.
99. People don’t care.
100. People are cruel.
101. People are selfish.
102. Mistakes are bad and I shouldn’t make them.
103. The only way not to appear weak is to act tough.
104. I need to control everything.
105. The world is better without me.
106. My life is filled with rejection.
107. People who make me feel bad deserve to feel my pain.
108. The world is full of superficial people.
109. The world is full of careless people.
110. Nobody cares about anything these days.
111. The world is a dangerous place.
112. The world is harsh and cruel.
113. I need to feel important to feel worthy.
114. Life is all about survival of the fittest.
115. It’s a dog eat dog world out there.
116. There’s nothing for free in this world.