List of Common Lies

- ❑ 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.
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- ❑ 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 as 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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