

## Collective Beliefs Examples

**Below is a list of collective thoughts believed, it is not an exhaustive list; it does however give you awareness of the sort of thoughts that can lead to stress and psychological suffering.**

• I need to make a decision	• I don't want to look like a fool
• I can't do anything right	• I need a partner to be happy
• I am responsible for upsetting others	• I need a job to be happy
• There's too much to do	• I need money to be happy
• I don't have enough time	• They rejected me
• I need to understand	• They don't trust me
• I need to get it right	• I can't trust myself
• I can't get it wrong	• They think they know me
• I should know what to do	• People should not lie
• I don't know what to do	• People should show more respect
• I'm not good enough	• I know what I need to do, what is best
• I am a failure	• I am right
• I missed my chance	• Something bad is going to happen
• It is too late	• I should be different
• They should know better	• I'm too fat
• They should listen to me	• I am too thin
• I know what is best for others	• It is my fault
• I know I am right	• It is your fault
• I am worthless	• There's something wrong with me
• I have low self-esteem	• Women are too emotional
• Everyone is judging me	• The world is a bad place
• I know what they are thinking	• People are destroying the environment
• Life is difficult	• People are destroying our earth
• People should be grateful	• People are hurting our animals
• My boss / friends / family should appreciate me	• People should keep their promises

<ul style="list-style-type: none"> <li>• People cannot be trusted</li> </ul>	<ul style="list-style-type: none"> <li>• People will let you down</li> </ul>
<ul style="list-style-type: none"> <li>• They do not care about me</li> </ul>	<ul style="list-style-type: none"> <li>• My body should be healthy</li> </ul>
<ul style="list-style-type: none"> <li>• I have no money</li> </ul>	<ul style="list-style-type: none"> <li>• I am a spiritual person</li> </ul>
<ul style="list-style-type: none"> <li>• Life is not fair</li> </ul>	<ul style="list-style-type: none"> <li>• I must work hard to survive</li> </ul>
<ul style="list-style-type: none"> <li>• I did it wrong</li> </ul>	<ul style="list-style-type: none"> <li>• I need to be in control</li> </ul>
<ul style="list-style-type: none"> <li>• I do not belong</li> </ul>	<ul style="list-style-type: none"> <li>• They made me feel this way</li> </ul>
<ul style="list-style-type: none"> <li>• People should not be angry</li> </ul>	<ul style="list-style-type: none"> <li>• I have a 'life's purpose'</li> </ul>
<ul style="list-style-type: none"> <li>• People should be more loving</li> </ul>	<ul style="list-style-type: none"> <li>• I need to know my life's purpose</li> </ul>
<ul style="list-style-type: none"> <li>• I'm no good</li> </ul>	<ul style="list-style-type: none"> <li>• I feel sad</li> </ul>
<ul style="list-style-type: none"> <li>• I am a total failure</li> </ul>	<ul style="list-style-type: none"> <li>• Nothing every goes my way</li> </ul>
<p><b>Add your own thoughts.</b></p>	<ul style="list-style-type: none"> <li>•</li> </ul>
<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
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