

Common Negative Limiting Mindsets & Protective Strategies

NEGATIVE LIMITING MINDSETS

I am not good enough
It not ok to show/feel my emotions
I don't matter
I am not loveable
I am all alone
I am worthless
I can't trust myself
I am inadequate
I deserve bad things
I am damaged/broken
I am powerless
I am not safe
I'm unworthy of care or concern
I'll never get better
I am flawed
It's all my fault
People always leave
I can't depend on others
I don't deserve love
I am weak
I am insignificant
I am a failure
I am not in control
I am a nobody
I don't belong
Nobody cares
I am a burden
I have no purpose
I don't deserve to live

PROTECTIVE STRATEGIES

Perfectionism & Seeking Accomplishments
Passive-Aggressive Actions or Manipulation
Accept Abusive Treatment
Closed Heart—Don't Let Anyone In
Self-Reliance/Never Ask for Help
Rage—Use Anger to Keep People at a Distance
Procrastinate or Indecisiveness
Judgmental and Extra Critical of Others
Self-Harm (cutting/eating d/o)
Hopelessness (Nothing will help why try?)
Depression (No motivation/Excessive Sleeping)
Isolate/Withdrawl
People Please
Suicidal Thoughts/Attempts
Shutdown/Dissociate
Faking Happy-Mask Wearer
Seek to Control Everything/Everyone
Avoidance/Minimization/Denial
Abuse Substances
Promiscuity
Deny Own Needs-Excessive Caregiving
Panic, Ruminant, Think the Worst
Self-Sabotage or Sabotage Relationships
Withdraw through Social Media/TV
Excessive Spending or Hoarding
Push Emotions Down/Numb Out
Create Conflict/Fight/Create Drama
Self-Critical/Self-Hate
Accepting False Responsibility

_____ (Fill in your own.)

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Circle the mindsets that feel true for you and then draw a line to the protective strategy that corresponds with how you tend to react when you trust this belief.