



Top 30 Beliefs Blocking Gratitude

- 1) I Did This All Myself
- 2) I'm Not Good Enough
- 3) I'm Ugly
- 4) I Don't Care
- 5) All Serves Me (My Needs Are More Important Than Everyone Else's)
- 6) The Only Thing That Matters Is What I Want
- 7) It's Not Important To Be Grateful
- 8) My Emotions Are The Only Ones That Matter
- 9) I Am Unloved
- 10) I Must Express What I Don't Like
- 11) My Life Is The Same As It Was Yesterday
- 12) People Who Don't Produce Don't Have Value
- 13) Bad Things Happen To Good People
- 14) No One Cares
- 15) I Need To Defend My Right To Suffer
- 16) I Have To Do My Best
- 17) Nothing Good Ever Happens To Me
- 18) No One Sees Things The Way I Do
- 19) There Is Only A Miracle That Could Save Me
- 20) My Adults Should Love Me The Way I Want To Be Loved
- 21) I Have Nothing To Be Grateful For
- 22) I Should Be Different
- 23) I Worked Hard For This
- 24) I Don't Approve Of This
- 25) I'm Disappointed In This Situation
- 26) That Is Not The Answer I Wanted
- 27) I Can't Believe This Is Happening To Me
- 28) I Have To Do Everything, Nothing Gets Done Without Me
- 29) People Are Supposed To Help Me
- 30) Awakening Is Hard