

One Liners

Confidence

What did you decide to believe about yourself from these one-liners that you may have heard?

- ◆ "You can't do that!"
- ◆ "You're stupid!"
- ◆ "You'll never amount to anything!"
- ◆ "Act properly!"
- ◆ "You're a walking accident!"
- ◆ "Why can't you be more like your brother?"
- ◆ "When everything is going great, you screw it up!"
- ◆ "You're a liar!"
- ◆ "I'm disappointed in you!"
- ◆ "You're not going anywhere looking like that!"
- ◆ "You're immature!"
- ◆ "You're irresponsible!"
- ◆ "I don't believe you!"

Goal setting

What have you decided about setting goals for yourself from these one-liners?

- ◆ "Good things don't come easy!"
- ◆ "Life is tough!"
- ◆ "Life's not a bowl of cherries!"
- ◆ "You're wearing rose colored glasses!"
- ◆ "Don't get your hopes up!"
- ◆ "Boy, you have some imagination!"
- ◆ "You're a dreamer!"
- ◆ "You're going to be fat one day!"
- ◆ "You can't hold onto money!"
- ◆ "You'll never amount to anything!"
- ◆ "Boy, you're lazy!"



More One Liners

Guilt.

How about these one-liners? Are you, perhaps carrying some guilt or negative beliefs from these?

- ◆ "You don't care about me!"
- ◆ "I hope, when you grow up, you'll have kids just like you!"
- ◆ "You'll be the death of me!"
- ◆ "You don't worry about anyone but yourself!"
- ◆ "You think the world owes you a living!"
- ◆ "You're a bad example for your brothers and sisters!"
- ◆ "Other kids don't pull that stuff!"
- ◆ "You are giving me a nervous breakdown!"
- ◆ "I do everything for you and you do nothing for me!"

Uncommon-sense

I've heard some one-liners that I'd call uncommon-sense.

- ◆ "Do you want a spanking?"...*I can't imagine I'd want that.*
- ◆ "Don't get smart with me!"...*I thought, being smart was good.*
- ◆ "Shut your mouth and eat!"...*I didn't know how to do that.*
- ◆ "If you get your feet cut off by the lawn-mower, don't run to me!"
- ◆ "You can cut yourself with that knife!"
- ◆ "You don't know what happiness is!"
- ◆ "Do you think I'm made out of money?"
- ◆ "This is going to hurt me more than it hurts you!"
- ◆ "If Billy jumped off a cliff, would you?"
- ◆ "You're asking for trouble!"
- ◆ "Don't ask why!"



And Still More One Liners

Are you saying to yourself, "that's the way I am. I can't change." That's one you better stop saying to yourself right now, because if you do believe that, then change is impossible. Here are a few more you ought to think about...

- ◆ "If I take one bite, I'll eat the whole thing!"
- ◆ "I know I can't do that!"
- ◆ "Everything I eat goes to my thighs!"
- ◆ "I'm shy!"
- ◆ "I fly off the handle too easily!"
- ◆ "I catch colds easily!"
- ◆ "I have a bad temper!"
- ◆ "I never cry!"
- ◆ "I can't make decisions!"
- ◆ "I'm a procrastinator!"

Are you saying any of these to yourself?

- ◆ "When I get some money, I'll be happy!"
- ◆ "When I move to my new place, I'll be happy!"
- ◆ "When I get married, I'll be happy!"
- ◆ "When I lose weight, I'll be happy!"
- ◆ "When my kids start listening to me, I'll be happy!"
- ◆ "When I get a new job, I'll be happy!"
- ◆ "When the weekend comes, I'll be happy!"
- ◆ "When my vacation comes, I'll be happy!"
- ◆ "When I stop smoking, I'll be happy!"

