

SIXTEEN IRRATIONAL THOUGHTS

- 1. Something terrible will happen to me if I make a mistake.**
- 2. There is a right way and a wrong way to do things.**
- 3. It is awful and horrible to be criticized.**
- 4. I must be approved of all the time.**
- 5. I must be competent, and especially be viewed that way.**
- 6. People in authority should never be challenged.**
- 7. Life in the workplace must be fair and just.**
- 8. I must be in control all of the time.**
- 9. I must anticipate everything.**
- 10. I must have things the way I want the.,**
- 11. Employees who are wrong should be punished.**
- 12. I must have somebody's shoulder to cry on.**
- 13. I must feel perfect all the time.**
- 14. My worth as a person is exactly equated to my job performance.**
- 15. I was promised a corporate rose garden.**

16. It is too late for me to change, and if you expect it, I won't be able to handle it.