
Thought Telling Truth Perfectionism Inadequacy

perfectionism, either/or, all or nothing i should shouldn ... - common unhealthy thought patterns these common thought patterns could be playing a role in maintaining your unpleasant feelings and behavior patterns **irrational, distorted, and pessimistic thinking patterns** - common irrational, distorted, and pessimistic thinking patterns these thought patterns often keep us stuck in self-defeating or ineffective behavior patterns and make us unhappy. **eda step workbook - eating disordersanonymous** - 7 accepting powerlessness can mean..... accepting where we are at this point in our lives (instead of making excuses and telling ourselves it's not that bad after all or that friends and family who worry are exaggerating). **fostering resiliency through a growth mindset** - fostering resiliency through a growth mindset t by nikki bishop-kallmeyer, phd susie lewis, med. 1

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