

MISBELIEF

TRUTH

1. It is terrible to _____

_____.

We are all human and
although I would prefer__

I can live just fine with__
_____.

2. It is impossible to be happy

_____.

It would be nice if _____
_____,
but it is not essential for my
personal happiness.

3. I can't stand it any longer ...

I can live a satisfying and
happy life even with_____
_____.
My life can be as fulfilling
enjoyable and wonderful as
I want it to be even with__
_____.