

Myths in the Way of

Objectives Effectiveness

- I don't deserve to get what I want or need.
- If I make a request (or If I ask for help), this will show that I am a very weak person.
- I have to know whether a person is going to say yes before I make a request.
- If I ask for something or say no, I can't stand it if someone gets upset with me.
- If they say no, it will kill me.
- Making requests is a really pushy (bad, self-centred, selfish, etc.) thing to do.
- Saying no to a request is always a selfish thing to do.
- I should be willing to sacrifice my own needs for others.
- I must be really inadequate if I can't fix this myself.
- Obviously, the problem is just in my head. If I would just think differently I wouldn't have to bother everybody else.
- If I don't have what I want or need, it doesn't make any difference; I don't care really.
- Skillfulness is a sign of weakness.