



Lie #22: *I'm a failure.*

Lie #23: *If I keep racing, I'll finally catch up.*

Lie #24: *I'm supposed to be farther along.*

Lie #25: *The only way I'll ever get anywhere is with hard work.*

Lie #26: *Focusing on my problems helps me solve them.*

Lie #27: *I'll try.*

Lie #28: *If I allow myself to celebrate, the other shoe will drop.*

Lie #29: *I gotta pay my dues.*

Lie #30: *If I don't know how, I can't have it.*

Lie #31: *Money is the root of all evil.*

Lie #32: *If I only had enough money, everything would be okay.*

Lie #33: *I'll never have enough.*

Lie #34: *I am one of the have-nots.*

Lie #35: *It's fine to spend more than I have.*

Lie #36: *I need another to complete me.*

Lie #37: *Being by myself means being lonely.*

Lie #38: *When I worry about my loved ones, I am loving them.*

Lie #39: *If you love someone, you must be willing to sacrifice.*

Lie #40: *It's all his/her/their fault.*

Lie #41: *If I forgive, I condone.*

Lie #42: *If our relationship was meant to be, sex would be easy.*

Lie #43: *I can control others.*

Lie #44: *If you really loved me, you'd know exactly what I want and need.*

Lie #45: *I have the power to save/fix another person.*

Lie #46: *If I just get small enough, others won't feel bad or jealous.*

Lie #47: *I had better be perfect.*

Lie #48: *They'll hate me if I \_\_\_\_.*

Lie #49: *If I become a wife or mother, I'll lose myself.*

Lie #50: *It is more important to be polite than to be authentic.*

Lie #51: *It's tolerable.*

Lie #52: *Feeling this way now means that I always feel this way.*

Lie #53: *I'm a good girl. I need to be nice.*

Lie #54: *I don't need a spiritual practice.*

Lie #55: *I have to suffer in order to grow.*

Lie #56: *I have no purpose in life.*

Lie #57: *I should be over this loss by now.*

Lie #58: *There must be something more than this.*

Lie #59: *Only near-death experiences serve as wake-up calls.*

How ya like them apples? Which of these Big Fat Lies resonate with you and your Inner Mean Girl?