

## **ADMONITIONS (aka WEEDS/DYSFUNCTIONAL LEARNINGS) – Silent and Overt**

1. You are not good enough.
2. Be a failure.
3. It's not OK to be happy.
4. Your feelings are not important.
5. Nothing you do is worthwhile.
6. I am not worth anything.
7. You are not acceptable.
8. You are nothing.
9. You are not lovable.
10. No one appreciates me.
11. I don't know what to do.
12. Others can do better than I can.
13. Don't show emotions.
14. Nothing is good enough.
15. Don't expect compliments.
16. Don't ask for things.
17. You don't deserve to be happy.
18. You don't deserve it.
19. Fear and expect failure in life.
20. Hate yourself.
21. Be afraid.
22. Hold onto resentment.
23. Don't forgive yourself.
24. Don't forgive others.
25. Feel guilty and ashamed of your needs.
26. Be embarrassed.
27. Don't be strong.
28. Let your anger build up inside of you – don't let it out.
29. Give up.
30. Be the victim in life.
31. Don't trust yourself.
32. Don't trust other people.
33. Don't even try.
34. Don't relax – always keep worrying.

35. Blame yourself.
36. Don't trust in relationships.
37. You'll never amount to anything.
38. Be smart to win approval.
39. Suffer in silence.
40. Don't trust your feelings.
41. You can't do anything right.
42. Worry about the past and the future.
43. What's wrong with you?
44. Others can do better than you can.
45. I don't have time for you.
46. I won't stand up for you.
47. Do as I say or I won't love you.
48. Always obey authority.
49. Don't expect to be noticed.
50. I'm great and you're nothing.
51. Your needs are not important.
52. You're not worth my notice or attention.
53. If you get in trouble, I won't love you.
54. Be what I want you to be.
55. Anger is bad.
56. Be smart to impress people.
57. Put on a good front.
58. Life is empty without a mate.
59. Reject your mate/Be rejected by your mate.
60. Don't be vulnerable.
61. Don't enjoy your partner/lover.
62. Disagreement means rejection.
63. Keep away from close, vulnerable, intimate relationships.
64. Act tough.
65. Don't love other people.
66. Depend on other people.
67. Physical contact is bad.
68. Do things for people so they'll like you.
69. Other people are dangerous.
70. Be rejected by people all your life.

71. Repress your feelings.
72. Don't have fun.
73. You must earn my love.
74. Don't think for yourself.
75. Perform well to get approval.
76. Don't express your thoughts or opinions.
77. Act invisible, nobody sees you.
78. Negative attention is the only attention you can get.
79. Feel one thing but say another.
80. Don't take care of yourself.
81. Don't trust in God.
82. Change to be accepted.
83. Repress your needs and wants.
84. Don't be sexual/Repress your sexuality.
85. Sex is disappointing.
86. Don't enjoy sex.
87. Don't have desires.
88. Don't satisfy your own needs.
89. Don't follow your instincts.
90. Duty before fun.
91. Control all potential situations.
92. Worry what people think.
93. The world is a dangerous place.
94. Don't trust in how life unfolds.
95. You're not worth protecting.
96. Life doesn't work.
97. Life is tough.
98. Nothing comes easy.
99. Happiness is impossible.
100. Keep your feelings inside.
101. I'm not capable.
102. Take on more than you can handle.
103. You never do anything right.

## ADMONITION LIST ASSIGNMENT

After completing the list by allowing your inner child to spontaneously determine which admonitions apply, complete the following:

1. Complete the list using your adult intellectual self to see which additional admonitions would need to be included.
2. From all that are chose, select what you consider to be the Top Ten Worst.
3. (see example below) Take ten sheets of paper and put one of the Top Ten Worst on each sheet. Fill the top half with how you learned this from your parent as a child. Fill the bottom half with how you see this admonition in your current adult life. Be specific and give examples.

(example)

<b>You're Not Good Enough</b>
How I learned this as a child:
How I see it in my adult life: