

Here is a list of common life scripts

Are any of them *yours*?

What scripts DO you have?

Are they positive or negative ones?

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- I'm OK
- Most people are not as good as me
- I'm not OK
- Most people are better than me
- I'm unlucky
- I tend to be the victim in situations
- I like helping others who are less fortunate
- I'm good at making friends
- I care what other people think about me
- I've a terrible memory
- I have no sense of time, so I'm always late
- I can't do maths
- I hate computers
- I'm good at sport
- I get impatient in queues
- I'm too fat / too thin
- I have a lively social life, but not much luck with men/women

