

Group	Summary	LBs	DNs
I'm Not Good Enough	This is a global limiter with which most people will resonate. It is the home of perfectionism, constant striving, high expectations, pressure, stress, and opt outs. The need to excel appears in all areas of life and often leads to a defeatist nature because the unrealistic expectations cannot be met.	<ul style="list-style-type: none"> • I am not good enough • I am mediocre • I m boring • I am unattractive/ugly • I am stupid • I am slow • I am a l oser • I am lazy 	<ul style="list-style-type: none"> • I need to be perfect • I need to be exceptional
Failure	This limiter presents as achievement orientation that is focused on attaining high level of success in all areas and perceived failures are internalized as a commentary on the self.	<ul style="list-style-type: none"> • I am a failure • I will fail • I cannot succeed • I am falling behind 	<ul style="list-style-type: none"> • I need to succeed • I need validation • I need to be perfect • I need to try harder or catch up • I need to be superior
Incapable	This limiter is characterized by a dichotomy of "I will do it perfectly or not at all" and is the "I cannot do it" mentality.	<ul style="list-style-type: none"> • I am incapable 	<ul style="list-style-type: none"> • I need to perform perfectly • I need to avoid
Inferior	This limiter is about comparisons and judgments of self and others that result from feeling less than those around you.	<ul style="list-style-type: none"> • I am inferior • I am less than • I am inadequate • I am a disappointment 	<ul style="list-style-type: none"> • I need to be superior • I need to be better than or more than • I need to be exceptional • I need to show off or impress • I need to defer to others or avoid
Responsible	This limiter is all about boundary diffusion, caretaking, inappropriate guilt, and taking on too much ownership for the emotions and problems of others.	<ul style="list-style-type: none"> • I am responsible for everyone and everything • I am irresponsible • It's my fault 	<ul style="list-style-type: none"> • I need to manage • I need to fix • I need for save or care for others • I need to provide
Worthless	This limiter contains martyrdom and a constant hustle to prove that you are worthy of a seat at the table, which can lead to being bullied or taken advantage of.	<ul style="list-style-type: none"> • I am worthless • I am unworthy • I am not special • I should die • I am unappreciated • I am not valued • I am useless • I am nothing • I am no good • I am a burden 	<ul style="list-style-type: none"> • I need to provide value • I need to prove my value • I need to be of service to others • I need to be special • I need to not need • I need to make people like me
Undeserving	This limiter oscillates between feeling you have not done enough to earn what you have and the pressure to do more, with a sense of entitlement.	<ul style="list-style-type: none"> • I don't deserve • I am privileged 	<ul style="list-style-type: none"> • I need to deserve • I deserve it • I need to earn • I need to not need • I need to provide value

LBs and their DNs

Group	Summary	LBs	DNs
Insignificant	This limiter is full of personalizing the behaviors of others and acting in ways to ensure your significance.	<ul style="list-style-type: none"> • I am insignificant • I am unimportant • I don't matter • I am invisible • I am not noticed • I don't exist 	<ul style="list-style-type: none"> • I need to be significant • I need to be important • I need to matter • I need to be noticed, seen, or heard • I need to be special • I need validation • I need to be the center of attention
Shameful	This limiter is all about the fear that there is something fundamentally shameful about who you are and the fear driven behaviors that you engage in to hide the parts of yourself that you perceive as bad.	<ul style="list-style-type: none"> • I am shameful • There is something wrong with me • I am a bad/horrible person • I am mean • I am a fuck up • I am a piece of shit 	<ul style="list-style-type: none"> • I need to change or fix myself • I need to hide or mask • I need to be perfect • I need to be good or exceptionally good • I need to shame myself • I need to justify • I need validation
Abandonment	This limiter is characterized by a deep fear of abandonment that leads to hypervigilance of the state of a connection and testing behaviors.	<ul style="list-style-type: none"> • I am going to be abandoned, rejected, or replaced • I am unlovable • I am unwanted • I am excluded • I am alone • I am unacceptable • I am unwelcome • I don't fit/belong • I am a nobody • I am a mistake • I am not understood 	<ul style="list-style-type: none"> • I need to be wanted • I need to be loved • I need to be accepted • I need to be reassured, validated, accepted • I need to be included • I need to fit in or belong • I need to be noticed • I need to be a part of something • I need to have someone • I need to pull closer • I need to protect myself
Control	This limiter is characterized by the desire to control everything in your environment and your emotional landscape. It covers rigidity and inflexibility, power struggles, and controlling behaviors.	<ul style="list-style-type: none"> • I am not in control • I am powerless • I am weak • I am helpless • I am crazy 	<ul style="list-style-type: none"> • I need to be in control or have control • I need to be in power or powerful
At Risk	This limiter is the anxiety category where you find worry, fear, vigilance, and dread, plus the behaviors and attempts to seek a sense of safety.	<ul style="list-style-type: none"> • I am at risk • I am in danger • I am vulnerable • Bad things are going to happen • I cannot trust myself or others • I am trapped • I am fragile 	<ul style="list-style-type: none"> • I need to create safety • I need to protect myself • I need to anticipate • I need to be vigilant • I need to avoid
Defective	This limiter is all about a nonacceptance of self, believing you are fundamentally flawed, and having a sense that if you need to change yourself.	<ul style="list-style-type: none"> • I am damaged • I am defective • I am flawed • I am disgusting • I am unclean • I am a fake or fraud • I am not whole • I hurt everyone • I am an object • I am an alien • I am in the wrong place • I am cursed • I cannot love 	<ul style="list-style-type: none"> • I need to change or fix myself • I need help • I need to be something different • I need to be perfect • I need to opt out or withdraw • I need to protect myself