

Reasons to not change distorted thoughts

- Victim
- Martyr
- Hero
- Passive
- Dependent
- Crusader: make things right
- I'm no good
- Power and/or control
- I can be right
- The world is unfair
- Self-pity
- I don't deserve good things
- Nothing ever works out
- If something is uncertain, avoid it
- I can't trust others
- I can't trust myself
- I need to defend myself
- Releases me from accountability
- I don't have to accept something I don't want to accept
- Prevent something bad from happening
- No risk
- I don't have to admit I was wrong
- Blame someone/some thing
- How I show I care
- An excuse to give up
- A way to punish someone
- An excuse for my mistake(s) if things don't work out
- I can stay in my comfort zone
- Get what I deserve (positive or negative)
- Avoid something I don't want to do
- Allow others to stay in the role of victim or martyr, etc.
- No embarrassment at possible failure
- Provides me with a distraction
- Gives me an explanation for things
- To make right, an old wrong
- Don't have to face my fear