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# Thought Telling Truth Perfectionism Inadequacy Power

**perfectionism, either/or, all or nothing i should shouldn ...** - common unhealthy thought patterns these common thought patterns could be playing a role in maintaining your unpleasant feelings and behavior patterns **irrational, distorted, and pessimistic thinking patterns** - common irrational, distorted, and pessimistic thinking patterns these thought patterns often keep us stuck in self-defeating or ineffective behavior patterns and make ... **eda step workbook - eating disordersanonymous** - 7 accepting powerlessness can mean..... accepting where we are at this point in our lives (instead of making excuses and telling ourselves it's not that bad after all ... **fostering resiliency through a growth mindset - isacs** - fostering resiliency through a growth mindset t by nikki bishop-kallmeyer, phd susie lewis, med. 1

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