**Video #3 List of Lies**

* I don’t get enough done.
* I have to prove myself to everyone.
* I’m just a woman, so my needs don’t count.
* I suffer in silence.
* I’m invisible.
* I’m too emotional.
* I can help others but I cannot ask for help.
* I’m not worth hearing.
* My talents are threatening to others.
* Nobody will defend me.
* I have nothing to contribute.
* I don’t belong.
* I am alone.
* I’m too forgetful.
* I am a failure.
* I’m not good enough.
* I’m unworthy.
* Something must be wrong with me.
* I’m unattractive.
* I talked too much or too loud.
* I’m not needed by anybody.
* I’m too bossy or too demanding.
* I’m too disorganized.
* I am a disappointment to God.