

## QC0016SN - 10 Ways You Lie to Yourself

No one likes to be lied to, but it's even worse if you're lying to yourself. These lies are called cognitive distortions. They are deceptive and disruptive thought habits that tend to hold us back and cheat us out of life. It's a form of stinking thinking that gets in our way.

In this episode, we will look at 10 of the most common cognitive distortions and how they play out. See how many you can recognize in your own life.

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