

### IDENTIFYING NEGATIVE CORE BELIEFS

Below are common negative core beliefs many people experience. Place 'X' in the yes column for statements that seem to apply to you and are manifested in patterns in your daily life-affecting your happiness, health, relationships, or success. Rate those that you select yes for on how greatly you believe the statement to be true. 1=very little 10=very much.

RATE  
HOW  
GREATLY  
YOU  
BELIEVE  
THIS TO  
BE TRUE  
(1-10)

NO	YES	RATE (1-10)		NEW BELIEF TO INSTILL
<input type="checkbox"/>	<input type="checkbox"/>		I am worthless	
<input type="checkbox"/>	<input type="checkbox"/>		Failing is unacceptable	
<input type="checkbox"/>	<input type="checkbox"/>		Yelling will get me attention	
<input type="checkbox"/>	<input type="checkbox"/>		I don't have what it takes to do self healing	
<input type="checkbox"/>	<input type="checkbox"/>		I am basically a weak person	
<input type="checkbox"/>	<input type="checkbox"/>		No one ever listens to me	
<input type="checkbox"/>	<input type="checkbox"/>		I will get the illness M or F got	
<input type="checkbox"/>	<input type="checkbox"/>		I will die from this	
<input type="checkbox"/>	<input type="checkbox"/>		I am not loveable	
<input type="checkbox"/>	<input type="checkbox"/>		I am undeserving of love	
<input type="checkbox"/>	<input type="checkbox"/>		I cannot be assertive without danger	
<input type="checkbox"/>	<input type="checkbox"/>		Love will go away	
<input type="checkbox"/>	<input type="checkbox"/>		Love will smother me	
<input type="checkbox"/>	<input type="checkbox"/>		I will inevitably be abandoned by someone I love	
<input type="checkbox"/>	<input type="checkbox"/>		I am a failure	
<input type="checkbox"/>	<input type="checkbox"/>		I don't deserve abundance (love, health, success, money)	
<input type="checkbox"/>	<input type="checkbox"/>		I will not be listened to or acknowledged	
<input type="checkbox"/>	<input type="checkbox"/>		People don't like me	
<input type="checkbox"/>	<input type="checkbox"/>		I can't learn new things	
<input type="checkbox"/>	<input type="checkbox"/>		I have to be perfect, or else	

			Love is dangerous	
			People will not like me as I am	
			I don't deserve to be happy	
			I will inevitably be rejected	
			People will betray me	
			I can't succeed	
			Success is dangerous	
			I don't deserve closeness	
			I cannot be myself, or I'll be rejected	
			I am not enough	
			I must always please in order to have love	
			Life has to be a struggle	
			Communication is contentious	
			Sickness will get me love and attention	
			Old people will lose their memory	
			Sickness is the only way I can show vulnerability	
			It's not safe to express my feelings	
			Money will make me happy	
			I don't have the power to keep myself healthy	
			I am sure I will get what my mother and father had	
			Life is burdensome	
			I have to serve everybody else	
			I'll probably catch the bug	
			The doctor will fix my symptoms for me	
			My body is frail	
			I have always had a weak system	
			My boss doesn't like me	
			It's better not to try rather try and fail	
			I'm destined to be a victim	

			I'm too old to....	
			God will punish me	
			I will deteriorate with old age	
			Fighting is a way to connect emotionally	
			I will be controlled or overpowered by others	
			I must do what everyone else wants me to do	
			I don't deserve success	
			I must struggle in order to succeed	
			I don't have what it takes to make a relationship work	
			If I love, I will be hurt	
			I need a partner	
			My partner can't get by without me	
			Men/Women can't be trusted	
			It is my job to improve my partner	
			It means something about me if my partner is attractive	
			Relationships don't last	
			Relationships are hard	
			The one I love will abandon me	
			Life is full of stress and overload	
			Women are tough, scary, angry	
			Men are tough, scary, angry	
			When my partner is struggling my needs don't matter	
			People are out to get me	
			The world owes me	
			Sickness happens to you	
			I will be rejected if I initiate sex	
			Marriage will make me happy	
			Abundant success is unsafe	

			I don't have much to give	
			To argue is to connect	
			If I get too close, I will lose myself	
			If I can't do it perfectly, then I'd better not do it	
			Closeness is dangerous	
			Everyone knows more than I do	
			I'm not attractive enough	
			I'm not worthy of success	
			I don't deserve perfect health	
			It's not safe to be perfectly healthy	
			If I show my vulnerability, I will be in danger	
			My work cannot be fun	
			I'm not worthy of a happy and healthy life	
			I'm controlled by my genes	
			Sickness will get me out of things I don't want to do	
			Germs make me sick	
			I always have to work like a slave	
			I catch colds and flu easily	
			I will be abandoned	
			I'll hurt somebody if I get angry	

IF YOU HAVE TROUBLE IDENTIFYING YOUR NEGATIVE CORE BELIEFS, look at the following list of common experiences. If you often feel a particular experience in the list, place a check beside it:

NO	YES	1-10	
			Tired
			Worried
			Abandoned
			Unloved
			Rejected
			Unable to express my feelings
			Angry
			Ignored
			Not listened to
			Anxious or afraid

			Depleted
			Selfish
			Self-involved
			Unloving
			Non-assertive
			Desperate for sex
			Withholding
			Afraid of affection or sex
			Deprived
			Unfairly treated
			Lonely
			Afraid of closeness
			Not respected
			A failure
			Powerless
			Controlled
			Sick
			Unable to sleep
			Depressed
			Aches and pains
			Avoid sex
			Victimized
			Afraid
			Critical