

# Beliefs About Myself

Evaluate the accuracy of each belief by giving it a rating, where 0 means it's completely false and 7 means it's completely true. Once you're done, circle any beliefs that you've scored as either 0 or 7.

## Negative Cognitions

## Positive Cognitions

### RESPONSIBILITY (I am something “wrong”)

- I don’t deserve love.
- I am a bad person.
- I am terrible.
- I am worthless (inadequate).
- I am shameful.
- I am not lovable.
- I deserve only bad things.
- I am permanently damaged.
- I am ugly (my body is hateful).
- I do not deserve ...
- I am stupid (not smart enough).
- I am insignificant (unimportant).
- I am a disappointment.
- I deserve to die.
- I deserve to be miserable.
- I am different (don’t belong).

- I deserve love; I can have love.
- I am a good person.
- I am fine as I am.
- I am worthy; I am worthwhile.
- I am honorable.
- I am lovable.
- I deserve good things.
- I am (can be) healthy.
- I am fine (attractive, lovable).
- I can have (deserve) ...
- I am intelligent (able to learn).
- I am significant (important).
- I am okay just the way I am.
- I deserve to live.
- I deserve to be happy.
- I am okay as I am.

### RESPONSIBILITY (I did something “wrong”)

- I should have done something.
- I did something wrong.
- I should have known better.

- I did the best I could.
- I learned (can learn) from it.
- I do the best I can (I can learn).

SAFETY/VULNERABILITY

- |   |                                       |
|---|---------------------------------------|
| I cannot be trusted.                      | I can be trusted.                     |
| I cannot trust myself.                    | I can (learn to) trust myself.        |
| I cannot trust my judgment.               | I can trust my judgment.              |
| I cannot trust anyone.                    | I can choose whom to trust.           |
| I cannot protect myself.                  | I can (learn to) take care of myself. |
| I am in danger.                           | It's over; I am safe now.             |
| It's not okay to feel (show) my emotions. | I can safely feel (show) my emotions. |
| I cannot stand up for myself.             | I can make my needs known.            |
| I cannot let it out.                      | I can choose to let it out.           |

CONTROL/CHOICE

- |   |                                  |
|---|----------------------------------|
| I am not in control.                    | I am now in control.             |
| I am powerless (helpless).              | I now have choices.              |
| I am weak.                              | I am strong.                     |
| I cannot get what I want.               | I can get what I want.           |
| I am a failure (will fail).             | I can succeed.                   |
| I have to be perfect (please everyone). | I can be myself (make mistakes). |
| I cannot stand it.                      | I can handle it.                 |
| I am inadequate.                        | I am capable.                    |
| I cannot trust anyone.                  | I can choose whom to trust.      |