

Negative Core Beliefs List

- I am a disappointment.
- I am a failure.
- I am a loser.
- I am a mess.
- I am a mistake.
- I am awkward.
- I am bad.
- I am defective.
- I am disposable.
- I am fat.
- I am flawed.
- I am hopeless.
- I am incapable.
- I am inferior.
- I am stupid.
- I am ugly.
- I am unattractive.
- I am uninteresting.
- I am unlovable.
- I am unwanted.
- I am unworthy.
- I am useless.
- I don't deserve anything.
- No one can be trusted.
- There's not enough to go around.
- There's something wrong with me.

What to do about it?

For each belief, write down why you think it's true, then answer the following questions:

Negative belief: _____

- Do I have experiences that would contradict my beliefs in any way?

- What evidence do I have that what I believe is actually true?

- Am I falling into a thinking trap (e.g., catastrophizing or all-or-nothing treatment)?

· What would I tell a friend if he/she had the same thought?

· Am I confusing a belief with a fact?

· Am I basing my conclusion mostly on my feelings or on the true evidence?
