

## BELIEFS ABOUT MYSELF

Read the following belief statements, and check (✓) the ones that you relate to, or agree with. Please make adjustments or alterations to any of the words to help make the belief fit you.

### Theme: Rejection, Not Belonging

- 1. I don't belong. I will always be on the outside (left out).
- 2. My feelings don't count. No one cares what I feel.
- 3. No one will love me or care about me just for myself.
- 4. I will always be lonely. The special man (woman) in my life will not be there for me.
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

### Theme: Unworthiness, Guilt, Shame

- 1. I am not worthy to receive anything from God.
- 2. I am the problem.
- 3. When something is wrong, it is my fault.
- 4. I am a bad person.
- 5. If you knew the real me, you would reject me.
- 6. I must wear a mask so that people won't find out how horrible I am and reject me.
- 7. I have messed up so badly that I have missed God's best for me.
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_

### Theme: Doing to Achieve Self-Worth, Value, Recognition

- 1. I will never get credit for what I do.
- 2. My value is in what I do.
- 3. I am valuable because I do good to others.
- 4. Even when I do/give my best, it is not good enough. I can never meet the standard.
- 5. God doesn't care if I have a 'secret life', as long as I appear to be good.
- 6. I'm a failure if I don't get things done.
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_

### Theme: Control (to avoid hurt)

- 1. I have to plan every day of my life.
- 2. I have to continually plan/strategize. I can't relax.
- 3. The perfect life is one in which no conflict is allowed, and so there is peace.
- 3. I must isolate myself so that I won't be vulnerable to hurt, rejection, etc., any more.
- 4. I must be passive in order to avoid conflict that would risk others' disapproval.
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

### Theme: Physical

- 1. I am unattractive. God shortchanged me.
- 2. I am doomed to have certain physical disabilities.
- 3. It is impossible to lose weight (or gain weight). I am just stuck.
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

### Theme: Personality Traits

- 1. I will always be \_\_\_\_\_ (angry, shy, jealous, insecure, fearful, etc.)
- 2. I will never be \_\_\_\_\_ (likable, lovable, happy, safe, content, etc.)
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

**Theme: Identity**

- \_\_\_\_\_ 1. I should have been a boy (girl), then my parents would have valued/loved me more.
- \_\_\_\_\_ 2. \_\_\_ Men \_\_\_ women have it better.
- \_\_\_\_\_ 3. I am not complete as a \_\_\_ man \_\_\_ woman .
- \_\_\_\_\_ 4. I will never be known or appreciated for my real self.
- \_\_\_\_\_ 5. I will never really change and be as God wants me to be.
- \_\_\_\_\_ 6. I'm not good enough.
- \_\_\_\_\_ 7. I'm not special.
- \_\_\_\_\_ 8. \_\_\_\_\_
- \_\_\_\_\_ 9. \_\_\_\_\_

**Theme: Miscellaneous**

- \_\_\_\_\_ 1. I have wasted a lot of time and energy, some of my best years.
- \_\_\_\_\_ 2. Turmoil will always be normal for me.
- \_\_\_\_\_ 3. I will always have financial problems.
- \_\_\_\_\_ 4. I just don't have the (time, energy, resources, \_\_\_\_\_) to fully follow God.
- \_\_\_\_\_ 5. \_\_\_\_\_
- \_\_\_\_\_ 6. \_\_\_\_\_

**Theme: Sonship**

- \_\_\_\_\_ 1. No one will ever love me enough to take care of me.
- \_\_\_\_\_ 2. Other people don't meet my standards so I must do it myself.
- \_\_\_\_\_ 3. It's not safe to submit myself to someone else.
- \_\_\_\_\_ 4. The best way to survive is to ( \_\_\_ avoid, \_\_\_ overpower ) other people.
- \_\_\_\_\_ 5. Other people can't be trusted because sooner or later they will just let you down.
- \_\_\_\_\_ 6. I'm all alone.
- \_\_\_\_\_ 7. I will always need to be strong in order to protect and defend myself.
- \_\_\_\_\_ 8. Something is wrong with me.
- \_\_\_\_\_ 9. The significant people in my life are not there for me and will not be there when I need them.
- \_\_\_\_\_ 10. I will never be a priority with those in authority over me.
- \_\_\_\_\_ 11. \_\_\_\_\_
- \_\_\_\_\_ 12. \_\_\_\_\_

**BELIEFS ABOUT OTHERS**

**Theme: Safety/Protection**

- \_\_\_\_\_ 1. I must be very guarded about what I say, since anything I say may be used against me.
- \_\_\_\_\_ 2. I have to guard and hide my emotions and feelings.
- \_\_\_\_\_ 3. I cannot give anyone the satisfaction of knowing that they have wounded or hurt me.
- \_\_\_\_\_ 4. I will never be vulnerable, humiliated, or shamed again.
- \_\_\_\_\_ 5. The only person I can really trust is myself.
- \_\_\_\_\_ 6. \_\_\_\_\_
- \_\_\_\_\_ 7. \_\_\_\_\_

**Theme: Victim**

- \_\_\_\_\_ 1. Authority figures will humiliate me and violate me.
- \_\_\_\_\_ 2. I will always be used and abused by other people.
- \_\_\_\_\_ 3. My value is based totally on others' judgment/perception about me.
- \_\_\_\_\_ 4. I am completely under their authority. I have no will or choice of my own.
- \_\_\_\_\_ 5. I will not be known, understood, loved, or appreciated for who I am by those close to me.
- \_\_\_\_\_ 6. I'm a victim of my circumstances and there is no hope of change.
- \_\_\_\_\_ 7. I always get less ( \_\_\_ respect, \_\_\_ understanding, \_\_\_ love, \_\_\_ other) than other people.
- \_\_\_\_\_ 8. \_\_\_\_\_
- \_\_\_\_\_ 9. \_\_\_\_\_

**Theme: Hopelessness/Helplessness**

- 1. I am out there all alone. If I get into trouble or need help, there is no one to rescue me.
- 2. I have made such a mess of my life, there is no use going on.
- 3. I don't have a voice.
- 4. I am trapped and there's no way out.
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

**Theme: Retaliation**

- 1. The correct way to respond if someone offends me is to punish them by withdrawing and/or cutting them off.
- 2. I will make sure that \_\_\_\_\_ hurts as much as I hurt!
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

**Theme: Defective in Relationships**

- 1. I will never be able to fully give or receive love. I don't know what it is.
- 2. If I let anyone get close to me, I may get my heart broken again. I can't let myself risk it.
- 3. If I fail to please you, I won't receive your pleasure and acceptance of me.
- 4. I must strive (perfectionism) to do whatever is necessary to try to please you.
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

**Theme: God**

- 1. God loves other people more than He loves me.
- 2. God only values me for what I do. My life is just a means to an end.
- 3. I am a disappointment to God.
- 4. No matter how much I try, I'll never be able to do enough nor do it well enough to please God.
- 5. God is judging me when I relax. I have to stay busy about His work or He will abandon me.
- 6. God has let me down before. He may do it again.
- 7. I can't trust Him or feel secure with Him.
- 8. My past has ruined me to the point I can never be used by God.
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_

Please put a check mark (✓) under the (A) ancestral/family column of the beliefs that are common in your ancestral/family line and under the (S) self column the beliefs in your own life.

**Theme: Generational Patterns**

- | <u>A</u>                 | <u>S</u>                 |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Always do it right. Never make a mistake. Be perfect.                  |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Always remain in control of all behavior, feelings, and circumstances. |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. When things do get out of control, get angry and blame someone else.   |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Always hide and maintain secrecy regarding anything.                   |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Never acknowledge a mistake.   |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Never make yourself vulnerable to anyone or you will just get hurt.    |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Never cry or show emotion.   |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Never inconvenience others.  |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Never embarrass or disappoint others or yourself.                      |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Never have a critical thought of others.                              |
| <input type="checkbox"/> | <input type="checkbox"/> | 11. Never lose at anything – second place is not good enough.             |
| <input type="checkbox"/> | <input type="checkbox"/> | 12. Be very wary of others because they cannot be trusted.                |
| <input type="checkbox"/> | <input type="checkbox"/> | 13. Do everything you are asked and never complain.                       |
| <input type="checkbox"/> | <input type="checkbox"/> | 14. Remember only the happy times.  |
| <input type="checkbox"/> | <input type="checkbox"/> | 15. _____   |
| <input type="checkbox"/> | <input type="checkbox"/> | 16. _____   |