



Therapy-Help

65 Chulia Street Level 46 OCBC Centre Singapore 049513

Unhealthy Beliefs About Self

Which of these beliefs run through your mind when things do not go well for you? How do these beliefs make you feel about yourself? What actions do you normally take when you think and feel this way? How have these beliefs and their associated feelings and behaviours affected the outcome of the situations you are in?

- I don't deserve love.
- I am a bad person.
- I am terrible.
- I am worthless.
- I am shameful.
- I am not loveable.
- I am not good enough.
- I deserve only bad things.
- I cannot be trusted.
- I cannot trust myself.
- I cannot trust my judgment.
- I cannot succeed.
- I am not in control.
- I am powerless/helpless.
- I am weak.
- I cannot protect myself.
- I am stupid/not smart.
- I am insignificant.
- I am a disappointment.
- I deserve to die.
- I deserve to be miserable.
- I cannot get what I want.
- I am a failure/will fail.
- I have to be perfect (please everyone).
- I am permanently damaged.
- I am ugly/my body is hateful.
- I should have done something.
- I did something wrong.
- I am in danger.
- I cannot stand it.
- I cannot trust anyone.
- I cannot let it out.
- I do not deserve ____.
- It's not okay to feel/show my emotions.
- I cannot stand up for myself.
- I am different/don't belong.
- I should have known better.
- I am incapable.