**Unhealthy Beliefs**

Put a check beside statements that represent beliefs you hold or held in the past.

\_\_\_\_ I am never safe. I’m always unprotected.

\_\_\_\_ How I feel about things doesn’t matter.

\_\_\_\_ I’ll never be appreciated.

\_\_\_\_ Getting close to people is always dangerous.

\_\_\_\_ I can never be fully forgiven.

\_\_\_\_ I will never get credit for what I’ve done.

\_\_\_\_ I can never recover my wasted years.

\_\_\_\_ I am not loveable.

\_\_\_\_ I am not valuable enough to be loved.

\_\_\_\_ I am deeply flawed.

\_\_\_\_ When something is wrong it is always my fault.

\_\_\_\_ I can never allow my secrets to be known.

\_\_\_\_ I should have been born a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_ I cannot rest until my work is done.

\_\_\_\_\_\_ I don’t belong. I will always be on the outside.

\_\_\_\_\_\_ No one will love me or care about me just for who I am.

\_\_\_\_\_\_ I will always be lonely. That special man/woman in my life will not be there for me.

\_\_\_\_\_\_ I am not worthy to receive anything from God.

\_\_\_\_\_\_ I am the problem. When something is wrong, it is my fault.

\_\_\_\_\_\_ I am a bad person. If you knew the real me, you would reject me.

\_\_\_\_\_\_ I must wear a mask so that people won’t find out how horrible I am and reject me.

\_\_\_\_\_\_ I have messed up so badly that I have missed God’s best for me.

\_\_\_\_\_\_ My value is in what I do.

\_\_\_\_\_\_ Even when I do give my best, it is not good enough.

\_\_\_\_\_\_ God doesn’t care if I have a “secret life”, as long as I appear to be good.

\_\_\_\_\_\_ I have to plan every day of my life. I can’t relax.

\_\_\_\_\_\_ The perfect life is one in which there is no conflict.

\_\_\_\_\_\_ I will isolate myself to avoid hurt and rejection.

\_\_\_\_\_\_ I choose to be passive in order to avoid conflict that would risk the disapproval of others.

\_\_\_\_\_\_ I am doomed to have certain physical disabilities. They are part of what I inherited.

\_\_\_\_\_\_ It is impossible to lose or gain weight. I am just stuck.

\_\_\_\_\_\_ I should have been born a boy/girl. Then my parents would have valued and loved me more.

\_\_\_\_\_\_ Men/women have it better.

\_\_\_\_\_\_ I am not complete as a man/woman.

\_\_\_\_\_\_ I will never be known or appreciated for my real self.

\_\_\_\_\_\_ I will never really change and be what God wants me to be.

\_\_\_\_\_\_ I have wasted a lot of time and energy, some of my best years.

\_\_\_\_\_\_ Turmoil is normal for me.

\_\_\_\_\_\_ I will always have financial problems.

\_\_\_\_\_\_ I just don’t have the time, energy, or resources to fully follow God.

\_\_\_\_\_\_ It‘s not O.K. to rest until the work is done.

\_\_\_\_\_\_ No one will ever love me enough to take care of me.

\_\_\_\_\_\_ Other people don’t meet my standards so I just do it myself.

\_\_\_\_\_\_ It’s not safe to submit myself to someone else.

\_\_\_\_\_\_ The best way to survive is to avoid or overpower other people.

\_\_\_\_\_\_ I’m a victim of my circumstances and there is no hope of change.

\_\_\_\_\_\_ I’m all alone.

\_\_\_\_\_\_ I will always need to be strong in order to protect and defend myself.

\_\_\_\_\_\_ The significant people in my life are not there for me and will not be there when I need them.

\_\_\_\_\_\_ I will never be a priority with those in authority over me.

\_\_\_\_\_\_ I must be very guarded about what I say, since anything I say may be used against me.

\_\_\_\_\_\_ I have to guard and hide my emotions and feelings. I cannot give anyone the satisfaction of knowing that they have wounded or hurt me.

\_\_\_\_\_\_ The correct way to respond if someone offends me is to punish them by withdrawing and cutting them off.

\_\_\_\_\_\_ If someone hurts me I need to hurt them in return.

\_\_\_\_\_\_ Authority figures will humiliate me and violate me.

\_\_\_\_\_\_ I will always be used and abused by others.

\_\_\_\_\_\_ My value is based totally on others perception of me.

\_\_\_\_\_\_ I am completely under the authority of others. I have no will or choice of my own.

\_\_\_\_\_\_ I will not be known, understood, loved, or appreciated for who I am by those close to me.

\_\_\_\_\_\_ I have made such a mess of my life that there is no fixing it.

\_\_\_\_\_\_ I will never be able to fully give or receive love. I don’t know what it is.

\_\_\_\_\_\_ If I let anyone get close to me, I may get my heart broken again. I can’t let myself risk it.

\_\_\_\_\_\_ If I fail to please you, I won’t receive your pleasure and acceptance of me. Therefore, I must strive even more to do whatever is necessary to please you.

\_\_\_\_\_\_ God loves other people more than He loves me.

\_\_\_\_\_\_ God only values me for what I do. My life is just a means to an end.

\_\_\_\_\_\_ No matter how much I try, I’ll never be able to do enough, nor do it well enough, to please God.

\_\_\_\_\_\_ God is judging me when I relax. I have to stay busy about His work or He will abandon me.

\_\_\_\_\_\_ God has let me down before. He may do it again. I can’t trust Him, or feel secure with Him.

Finish these statements:

 I will always be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 I will never be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.