

Common Beliefs from Negative Events

Something is wrong with me.
 I must be perfect, and even then I'm not good enough.
 I must be perfect to not get in trouble.
 My main job is to keep others from being mad.
 I stay safe by appeasing.
 No one loves me.
 No one listens to me.
 It's my fault.
 I'm not important.
 Loving others is dangerous.
 Men are dirty/filthy.
 Don't trust men.
 Don't trust women.
 Only trust myself.
 Men are unsafe and fake.
 I don't have a dad.
 I don't know what it means to be a man/woman.

Other people are irresponsible.
 Other people are lazy.
 I am hopelessly ruined.
 Avoiding conflict is good.
 My anger helps me in relationships.
 Blame helps me in relationships.
 Sarcasm helps me in relationships.
 Unformiveness protects me.
 My dreams are crushed. Don't dream. It's over.

I must be over-responsible.
 I am a failure. I am not enough.
 I am incompetent.
 I can't win. I can't achieve the basics. I am a failure. I am hopeless.
 I am not up to par.
 I am ranked low.
 I have to impress to look good.
 People don't want to be with me.
 I define who I am off of people.
 I don't believe I can have an effect.
 I am not responsible for anything. Irresponsibility is safer.
 I am careless.
 Responsibilities seem overwhelming, so don't be responsible.
 No rules. No boundaries.
 Home is unsafe and unstable.

I am weak.
 I must be responsible for everyone around me.
 Authority/people in authority are not my friend. They are worthless.
 Those close in relationship to me "are not there for me".

I am alone.
 I am the third wheel. I am unwanted.
 I am a bother, I am a burden.
 There is no one to help, and I am incapable.
 Being demanding is my only way to make progress.
 No one cares. I am uncared for.
 The safest way to live is to stay unattached to others.
 I can't rely on others. I need to come up with my own rules. No accountability.
 Don't trust others.
 I am neglected. I am of low worth to others.
 Fighting is the way to resolve.
 Fighting resolves nothing, so don't engage in conflict.
 Deal with the disagreement by being loud and aggressive.
 Don't say anything. Disappear. Stay in the background.
 People will not love me if I bring up an issue needing resolving.
 Solutions are hopeless.
 Avoid others when there's tension. Fighting does not help. Be a peace keeper versus a peacemaker.

People are demanding and unable to be pleased.
 Being perfect is not good enough.
 I must be perfect; no room for imperfections.
 I am to be over-compliant. I will sell my soul to be pleasing.
 Don't trust relationships. Rebel.
 Home is not safe.
 Avoid. Try harder. Blame self.
 Don't care.
 I am demanding.
 Gossip helps me even the field.
 Belittling others helps me even the field.
 I demean others as being stupid. I embarrass others.
 No one understands me.
 I am an outcast.
 I am abandoned.
 I can't depend on people being stable. I can't depend on anyone.

I excuse myself before others would ever ask me to leave.
 I am not important to others.
 I am incompetent.
 I must prove who I am.

I must hide who I am.
 I can't satisfy people closest to me.
 Being loud and aggressive is helpful.
 Being alone, though having a pain in itself, is safer than being with people.
 I avoid people that would relationally use the word "no". They will reject me.
 I use being "busy" to not think, to not feel alone, to keep from hearing the word "no", to keep people from becoming important to me.
 "They" don't want me.
 I don't belong anywhere.
 People don't miss me.
 I am not worth being alone with.
 Avoid sharing my own life... Keep the focus on other people.
 My stuff is a burden to others.
 I don't want to appear weak.
 Work is a priority over home. The world out there is more important than home.
 Nobody is "about me".
 I am not the "chosen" daughter/son.
 God scolds me.
 I am attracted to people who don't love me.

I stay safe by avoiding family gatherings.
 I am "His" stepdaughter/stepson.
 I am not worth spending time with.
 I am not worth fighting for.
 When it comes to life, I get the "scraps".
 I am not worth wanting or being with or staying with or being treasured by.
 Men are liars, cheaters, selfish, unfaithful.
 I am unattractive.
 I am inferior.
 I am broken forever.

The only way I can get time with others is to demand their time.
 People don't want to spend time with me. (I don't believe that others spend time with me even when they do).
 I resist the input of parents/authority.
 I am alone, secluded, devalued.
 I have an unhealthy independence from others.
 It is my job to make everyone around me happy.

People don't listen to me.
 I force people to listen to me.
 I have trouble expressing myself.
 There is nobody there to listen. I distrust others that do listen.
 I talk non-stop. I don't listen to others.
 My conversations with others are forced.
 I tend to over explain things... because people don't understand me or "get me".

When I am afraid, I over-talk.
 When I am afraid, I want to fight.
 I fear deep expressions of emotions.
 When in tough situations, I shut down or walk away.
 Blowing up on others gives me an edge.
 I can get away with anything if I make the other person feel dumb, small, or wrong.
 I cannot be wrong. I have to be perfect. Otherwise people won't love or want me.
 I have to be perfect, overly responsible. Things will crumble if I'm not responsible.

(The following references to sex is dealing with sex in marriage)

Sex is bad.
 Sex is common. My body is common.
 Sexual pleasure is wrong.
 I can't pursue sex... It's dirty.
 For me to want sex is bad.
 I hold my past sin against myself.
 Sexual feelings are embarrassing and need to be hidden.
 I "body shame" myself. It protects me from others criticizing me.
 I am not wanted or desired.
 I assess my looks by comparing myself to others.
 When my spouse pursues me, I don't believe that they really want me.
 Don't let people in my heart... It's safer that way.

I am wrong.
 I am inferior because of... My family background, where I lived, our lack of income, my ethnicity.
 The best way to avoid hurt is to withdraw or isolate or hide.
 Hide. I don't expose myself to doing things I could be faulted for.
 I stay safe by blaming and demeaning others.
 I must avoid criticism. I use defensiveness to keep people from criticizing me.
 I must prove that I am better than you.
 I must avoid correction.
 I accuse to avoid correction.
 I am the dumbest kid in the world.
 I will never be a part of the "elite" group.
 Stay away, don't go in the door where the elite are... it makes me vulnerable to ridicule.
 People who are popular and influential don't like me.
 I am inferior.
 I shy away from places that take me higher.
 I am not good enough. I am never quite "there" even when I try my hardest.
 I must amplify me and my position. Exaggerate things.
 It's always my fault. I don't do things right.

I find my value in what I do, not who I am.
 Don't ask for help.
 No one helps me when I'm down and out.

No one listens to or considers me.
 They don't believe me.
 People don't love me for who I am.
 I am drawn to people that easily accept me, though many times it seems like the wrong crowd.
 I can be hard on myself. I try to be perfect. I don't believe people love me for me. I grow irritated with what I perceive is conditional love.
 I am attracted to those people that need my help, not reciprocal caring people.
 I am a human doer, I see more value in doing rather than "being".
 Distance is safer... so stay distant.
 I am in danger.
 I am afraid to enjoy myself because the next bad thing is about to happen.
 Big people are out to hurt me.
 The only way to stay safe is to be in control. Don't trust others.
 I am afraid.
 I am a coward.
 God does not protect.
 I have to be hypervigilant to protect.

People ask too much of me and give so little back.
 People rip me off.
 People rip my family off.
 If God loves me, things would've gone better.
 God doesn't see the wrong done to me.
 There is no justice or fairness... I am the only one that can balance the scales.
 God is mad at me.
 I failed God.
 I define God's favor or lack thereof on how people treat me.

Discipline of children drives them away and is bad. I must be lax with them.
 People who know too much about me embarrass me. I must hide my personal feelings.
 I cover up my deepest thoughts.
 I avoid being in front of groups of people and being over-exposed.
 I have tainted myself physically. Sexuality is common or bad, no longer sacred.
 I must hide myself from being used.

Instructions:

Imagine how you think and feel on a bad day...
 Place a dash by each line that matches what you think or feel on that bad day...
 After you put the dash on each line that is relative, place a value of 1 to 5 on each of those dashes: 1 being the weakest, 5 being the strongest. A 1 would represent something that is only seldom, and even then it is not that strong when you do think of it.

Circle the 3's, 4's, and 5's.