

Name \_\_\_\_\_

Date \_\_\_\_\_

## INVENTORY OF SELF-DEFEATING CORE BELIEFS

Please read all of the following core beliefs and put a check by the ones you believe much of the time, especially when you are anxious / depressed / insecure. **Make changes, if necessary, in the wording of these beliefs in order to improve the fit.** When you are done, go back and place additional checks by the 4 or 5 beliefs that seem to be most influential in your life.

- \_\_\_\_\_ 1. I can't find happiness unless I'm very attractive / intelligent / rich / successful / creative.
- \_\_\_\_\_ 2. To be rejected is horrible because it means I'm worthless / undesirable / not good enough.
- \_\_\_\_\_ 3. People will think less of me if I make a mistake or don't handle something very well.
- \_\_\_\_\_ 4. My life is empty / meaningless if I'm not loved.
- \_\_\_\_\_ 5. Taking even a small risk is foolish because the loss could be devastating.
- \_\_\_\_\_ 6. People like / respect me for what I do, not what I am.
- \_\_\_\_\_ 7. I cannot be happy unless most people I know admire / approve of me.
- \_\_\_\_\_ 8. If I ask for help it is a sign of weakness.
- \_\_\_\_\_ 9. I'm not a good / worthwhile / likable person if I don't completely meet my responsibilities & expectations.
- \_\_\_\_\_ 10. If I fail at my work then I am a failure as a person.
- \_\_\_\_\_ 11. If I cannot do something well there is little point in doing it at all.
- \_\_\_\_\_ 12. People who don't follow all the rules are bad / selfish.
- \_\_\_\_\_ 13. If someone criticizes or disagrees with me it indicates that s/he does not like me.
- \_\_\_\_\_ 14. If I fail partly it is almost as bad as being a complete failure.
- \_\_\_\_\_ 15. If other people knew what I was really like they will think less of me and probably reject me.
- \_\_\_\_\_ 16. I have never learned how to meet people / make friends / make small talk / relate to people well.
- \_\_\_\_\_ 17. I must always be in control or there will likely be terrible consequences.
- \_\_\_\_\_ 18. If I let someone get too close that person will take away my control / freedom.
- \_\_\_\_\_ 19. My value as a person depends greatly on what others think of me.
- \_\_\_\_\_ 20. It is weak / immature to not be in control of one's emotions.
- \_\_\_\_\_ 21. It's terrible to hurt someone's feelings, and I should never do that.
- \_\_\_\_\_ 22. People who have good ideas are better than those who do not.
- \_\_\_\_\_ 23. There are only winners or losers in life.
- \_\_\_\_\_ 24. I should never express anger or I will hurt someone or lose control.
- \_\_\_\_\_ 25. To be a good / moral / worthwhile person, I must help everyone I know who needs it.
- \_\_\_\_\_ 26. I don't measure up to others.
- \_\_\_\_\_ 27. If someone does something displeasing to me it means that s/he doesn't like / care about me.
- \_\_\_\_\_ 28. If I don't have other people to depend on I cannot cope / be happy.
- \_\_\_\_\_ 29. It is wrong to be proud / boastful / rude / angry.
- \_\_\_\_\_ 30. I can't stand unpleasant feelings, and I should avoid situations that make me feel that way.
- \_\_\_\_\_ 31. It is dangerous to trust or get close to other people because they might hurt me badly.
- \_\_\_\_\_ 32. If others dislike or are displeased with me I cannot be happy.
- \_\_\_\_\_ 33. It is best to give up my own interests if necessary in order to please other people.
- \_\_\_\_\_ 34. My happiness depends on other people and circumstances; I have little control over how happy I am.
- \_\_\_\_\_ 35. I need the approval of other people in order to be happy.
- \_\_\_\_\_ 36. If I avoid problems the problems tend to go away.
- \_\_\_\_\_ 37. I am socially inept.
- \_\_\_\_\_ 38. I can't make good decisions on my own
- \_\_\_\_\_ 39. I cannot be happy if I am alone / single.
- \_\_\_\_\_ 40. I can't cope with difficulties in life without someone's help.
- \_\_\_\_\_ 41. If I am not special / among the best then I am not good enough.
- \_\_\_\_\_ 42. Rules are often arbitrary, unfair and stifling, and I shouldn't have to follow them.
- \_\_\_\_\_ 43. If I don't have order / systems / control then everything will fall apart.
- \_\_\_\_\_ 44. I have been unfairly treated and I am entitled to get my fair share.
- \_\_\_\_\_ 45. I am a very special person compared to most other people.
- \_\_\_\_\_ 46. It is wrong to be focused on pursuing pleasure / sexual gratification / selfish interests.
- \_\_\_\_\_ 47. In order to be happy others have to pay attention to me.
- \_\_\_\_\_ 48. Don't feel too good about something that happens or it will just turn out bad and I'll get disappointed.
- \_\_\_\_\_ 49. Other people will try to use / manipulate / hurt me if I don't watch out.
- \_\_\_\_\_ 50. I'm different from others and don't really fit in or belong.

# PEELING THE ONION

Name \_\_\_\_\_ Date \_\_\_\_\_

↓ = *If that hot thought were true...*

*...what would it mean about you / your life / other people / the world?*

[Only include your beliefs and behaviors on this worksheet, not your feelings.]



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**...what would it mean about you / your life / other people / the world?**

[Only include your beliefs and behaviors on this worksheet, not your feelings.]

*I might say something stupid, or I won't know what to say.*



*I'll make a bad impression. They'll think I'm strange or socially inept.*



*They won't like me or respect me, and won't want to relate to me.*



*I won't have friends or a romantic relationship.*

*They'll see that I'm nervous.*



*They'll think I'm strange or weak.*



*They won't like or respect me, and won't want to relate to me.*



*I won't have friends or a romantic relationship.*

*They'll be angry or disappointed in me if I disagree and state my real opinions or concerns.*



*They'll no longer like or respect me, and won't want to relate to me.*



*I won't have friends or a romantic relationship.*

