



## Core Beliefs Worksheet 2

Common negative core beliefs about ourselves tend to fall into three categories: helplessness, unlovability, and worthlessness. This exercise is designed to identify your negative core beliefs about yourself. Tick the boxes that apply:

<input type="checkbox"/>	I am helpless.
<input type="checkbox"/>	I am incompetent.
<input type="checkbox"/>	I feel vulnerable.
<input type="checkbox"/>	I am not loveable.
<input type="checkbox"/>	I am inferior.
<input type="checkbox"/>	I am not likeable.
<input type="checkbox"/>	I believe that my relationships will not last.
<input type="checkbox"/>	I am unworthy.
<input type="checkbox"/>	I am bad.
<input type="checkbox"/>	I am stupid.
<input type="checkbox"/>	I am a burden to others.