

CORE BELIEFS / COGNITIONS

(NEGATIVE VS POSITIVE)

I'm worthless.
I'm unlovable.
I'm a burden to others.
I don't deserve happiness.

I'm a failure.

I'm a disappointment.

I'm not good enough.

I'm flawed.
I'm damaged beyond repair.
I'm a mistake.

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I am valuable.
I am deserving of love.
I bring joy to others.
I deserve happiness and fulfillment.
I have the potential for success.
I can learn from my mistakes.
I am more than good enough.
I am unique and whole.
I can heal and grow.
I am a product of my unique journey.

I'm always in danger.
I can't protect myself.

The world is a threatening place.

I'm defenseless.

I'll never be safe.

I attract danger.

I can't trust anyone.
I'm always at risk.
I'm an easy target.
I'm vulnerable.

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I can create safety.
I have the power to protect myself.
I can find safety in the world.
I am capable of defending myself.
I can create safety for myself.
I attract safety and protection.
I can trust and be trusted.
I am cautious and secure.
I can defend myself.
I have inner strength.

CORE BELIEFS / COGNITIONS

(NEGATIVE VS POSITIVE)

People are untrustworthy.
Everyone betrays me.

I can't rely on anyone.

I'm always let down.
Trust is a weakness.
No one keeps their promises.
People can't be trusted.
I'm a poor judge of character.
Trust leads to disappointment.
I'm better off on my own.

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People can be trustworthy.
Some individuals are reliable.

I can form trusting relationships.

I can trust selectively.
Trust is a strength.
Some people keep their word.
Trust can be earned.
I can make wise judgments.
Trust can lead to fulfillment.
I can connect with others.

I have no control.

I'm powerless.
Others control my life.

I can't make decisions.
Control is impossible.
I'm at the mercy of others.
I can't change my circumstances.
I'm helpless.
Control is an illusion.
I can't influence outcomes.

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I have control over my choices.

I possess personal power.

I make decisions for myself.
I can control my actions.
Control is achievable.
I influence my own life.
I can shape my circumstances.
I am capable.
Control is within reach.
I have the ability to impact outcomes.

CORE BELIEFS / COGNITIONS

(NEGATIVE VS POSITIVE)

I'm condemned to a life of struggle.

I'm unworthy of love.

Good things never happen to me.

I'm meant to suffer.

I'm undeserving of success.

I don't belong.

I'm not entitled to joy.

I'm destined for disappointment.

I'm not good enough for others.

I'm not meant to be happy.

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I can create a life filled with ease and abundance.

I am worthy of love and care.

Good things can come my way.

I can experience joy and healing.

I have the potential for success.

I belong and connect with others.

I am entitled to joy and well-being.

I can experience satisfaction.

I am good enough for myself and others.

I can find happiness and contentment.

I'm powerless.

I'm weak.

I can't change anything.

I'm at the mercy of others.

I have no say.

I'm dominated.

I'm overruled.

I can't assert myself.

I'm controlled.

I'm helpless.

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I have personal power.

I am strong.

I can make positive changes.

I have a voice.

I can influence outcomes.

I assert my own authority.

I have a say in my life.

I assert myself effectively.

I take control of my life.

I am capable and self-reliant.

CORE BELIEFS / COGNITIONS

(NEGATIVE VS POSITIVE)

I don't fit in.
I'm an outsider.

I'm rejected by others.
I'm different.

I don't belong anywhere.

I'm excluded.
I'm not like others.
I'm unaccepted.

I'm isolated.
I'm an outcast.

A C C E P T A N C E

I can find my place.
I have a unique
perspective.
I am welcomed by others.
I embrace my
individuality.
I belong wherever I feel
connected.
I can be included.
I have my own identity.
I am accepted and valued
for who I am.
I can connect with others.
I am part of diverse
communities.

I must rely only on myself.

I can't trust others.
I'm alone in this.
I don't need anyone.

I'm self-sufficient.

I can't depend on others.

I'm isolated.
I shouldn't ask for help.

I'm not connected to
anyone.
I'm entirely independent.

I N D E P E N D E N C E

I can seek support when
needed.
I can trust some people.
I have a support system.
I can rely on others at
times.
I can be self-sufficient
when necessary.
I have dependable
connections.
I am connected.
I can ask for and receive
help.
I'm connected to a
community.
I balance independence
and interdependence.

CORE BELIEFS / COGNITIONS

(NEGATIVE VS POSITIVE)

It's all my fault.

I'm a bad person.

I'm to blame.

I carry the shame.

I'm unforgivable.

I'm the cause of suffering.

I'm guilty.

I'm responsible.

I'm a disgrace.

I'm ashamed of myself.

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I'm not to blame for everything.

I'm not inherently bad.

I share responsibility.

I can release shame.

I can be forgiven.

I played a role but not the sole one.

I accept responsibility.

I can make amends.

I'm not a disgrace.

I can heal and grow.

I'm incompetent.

I always fail.

I can't do anything right.

I'm incapable.

I'm a total failure.

I'll never succeed.

I'm inept.

I'm useless.

I'm a disappointment.

I lack the skills to excel.

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I am competent and capable.

I learn and grow from my experiences.

I have strengths and abilities.

I can succeed.

I have the potential for success.

I achieve my goals.

I possess skills and talents.

I am valuable and useful.

I have moments of excellence.

I develop and improve my skills over time.

IDENTIFYING THE CORE BELIEF

This worksheet is one of several ways to help you obtain more information to identify a core negative belief of the client pertaining to the present problem/trigger raised.

Client's Name:

Date:

You can start by asking the client what is the problem or issue that they would like to tackle.

Present Problem/Trigger

Questions to Help Identify a Core Negative Belief

Try asking a series of questions to gather more input. Here's a list of non-exhaustive questions that you can use.

- ▶ When you think about the distressing memory, what thoughts come to mind about yourself?
- ▶ How do you perceive yourself in relation to the traumatic event or experience?
- ▶ What self-critical thoughts or self-doubts surface when you recall the trauma?
- ▶ Can you share any statements or beliefs about yourself that you find difficult to let go of?
- ▶ What do you fear or expect will happen to you when you revisit the traumatic memory?
- ▶ What beliefs do you hold about your role in the traumatic situation?
- ▶ How would you describe your self-worth when you remember the trauma?
- ▶ What kind of judgments do you make about yourself related to the trauma?
- ▶ Do you think the trauma reflects on your competence or abilities in any way?
- ▶ What thoughts make you feel unworthy or undeserving when you think about the traumatic experience?

IDENTIFYING THE CORE BELIEF

Client's Name:

Date:

Use the space below to note down any comments after hearing from the client.

Identify the Core Negative Belief

With the information now available at hand, pen down the negative core belief you think is affecting the client at this present juncture. You can refer to the non-exhaustive list of core belief cognitions to help you identify this negative belief.

Negative Belief: