


core beliefs


- core beliefs are thoughts you have about yourself
- core beliefs are fixed thoughts from childhood

instructions

- how often do you believe these thoughts?
- use the rating scale to show what you think


- I am a failure



never


sometimes


always

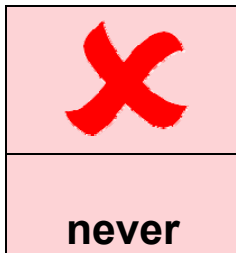
- I am not responsible for what I do


never

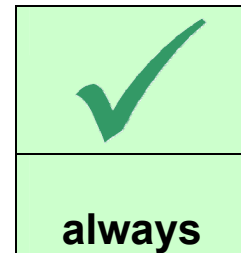
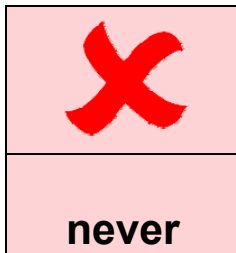

sometimes


always

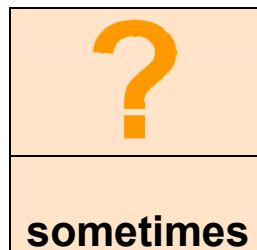
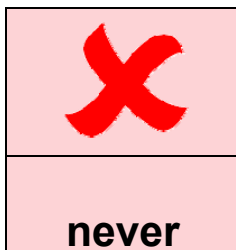
- I am not responsible for what I say



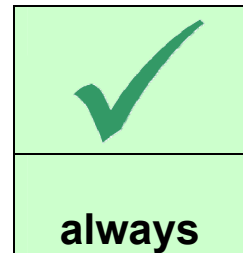
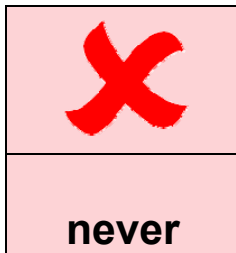
- it is important that my carer is involved in everything I do



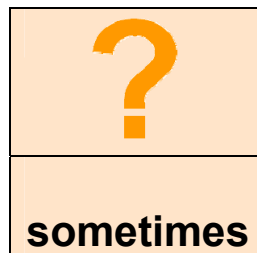
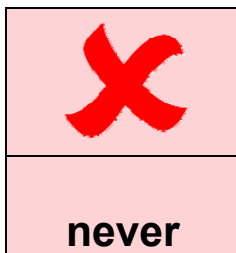
- people will be angry or cross if I say the things I really want to say



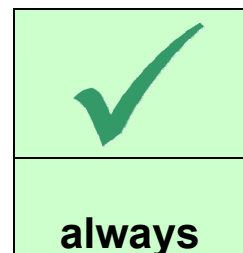
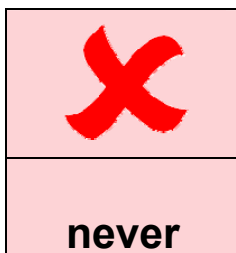
- what I really think does not matter



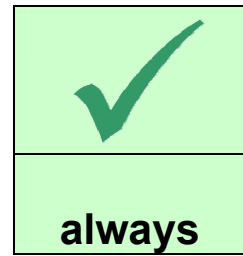
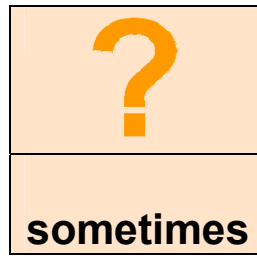
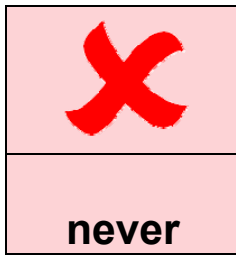
- I must not show my feelings to others



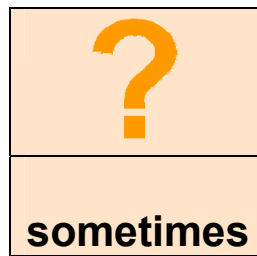
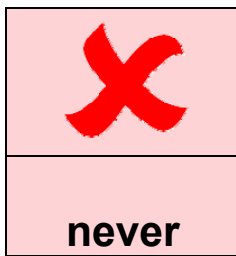
- no one understands me



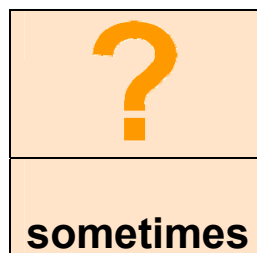
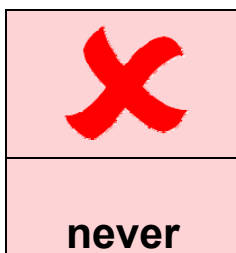
- I need other people to help me get by



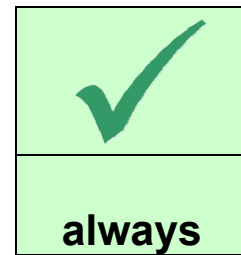
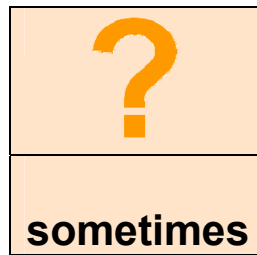
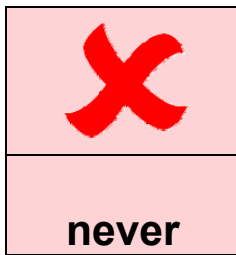
- bad things happen to me all the time



- I am more important than others



- it is important to put other people's wishes before my own feelings



- people I love will never be there for me

