

## List of common beliefs

Here is a list of possible beliefs that many women may be struggling with. How true is each of them for you? Give each a rating out of 10 and add any others that are true for you on the following page.

<b>Belief</b>	<b>Rating</b>	<b>Belief</b>	<b>Rating</b>
I'm un-loveable	-----	I'm a victim	-----
I can't do it	-----	The world's a dangerous place	-----
People are out to get me	-----	I'm helpless	-----
I'm ashamed	-----	Life is hopeless	-----
I'm not capable	-----	I must be perfect to be loved	-----
It's not fair	-----	I must be in control	-----
I'm insignificant	-----	I'm hated	-----
I'm broken	-----	I'm not good enough	-----
I'm unforgiveable	-----	I don't deserve good things	-----
People must like me	-----	I'm not worthy	-----
Something bad will happen	-----	It'll never/always happens to me	-----
People take advantage of me	-----	I've lost control	-----
I'm guilty/it's my fault	-----	I'm unproductive	-----
I'm a failure	-----	I get walked over	-----
I'm worthless	-----	I'm sensitive	-----
I'm useless	-----	I'm used	-----
I'm unattractive	-----	I'm trapped	-----
I'm powerless	-----	I'm inferior	-----
I'm abandoned	-----	I'm betrayed	-----
I'm alone	-----	I'm un-teachable	-----
I'm sinful	-----	I'm always wrong	-----
I'm dumb	-----	I have nothing to offer	-----

Belief

Rating

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