

## CORE BELIEFS

<b>Beliefs About Yourself</b>	<b>Beliefs About Relationships</b>	<b>About Life</b>
<input type="checkbox"/> I don't deserve love <input type="checkbox"/> I must earn love to deserve it <input type="checkbox"/> I'm not loveable <input type="checkbox"/> To be loveable I must always agree <input type="checkbox"/> I'm not important <input type="checkbox"/> I'm not creative <input type="checkbox"/> I must please others to be worthy <input type="checkbox"/> I don't fit in <input type="checkbox"/> I'm not capable <input type="checkbox"/> I'm not a worthwhile person <input type="checkbox"/> My opinions aren't wanted <input type="checkbox"/> My thoughts are dumb <input type="checkbox"/> I'm a bad person <input type="checkbox"/> Bad things I've done are not forgivable <input type="checkbox"/> I can't do it <input type="checkbox"/> I'm stupid <input type="checkbox"/> I'm not as smart as others so I'm no good <input type="checkbox"/> I'm clumsy <input type="checkbox"/> I'm ugly <input type="checkbox"/> I fail no matter how hard I try <input type="checkbox"/> I don't deserve pleasure <input type="checkbox"/> I have to yell to get anyone to listen <input type="checkbox"/> I'm boring <input type="checkbox"/> I'm not supposed to have fun <input type="checkbox"/> It's bad to grow up <input type="checkbox"/> I'm not respected <input type="checkbox"/> I can't have what I want <input type="checkbox"/> It's not okay to feel good <input type="checkbox"/> I don't deserve happiness <input type="checkbox"/> I'm not a loving person <input type="checkbox"/> I must hide my true feelings <input type="checkbox"/> I have to suffer in some way to receive love <input type="checkbox"/> I'll never live up to my parents expectations <input type="checkbox"/> I can't live up to my self image	<input type="checkbox"/> I don't have what it takes to make a relationship work <input type="checkbox"/> A relationship will only work with the right person <input type="checkbox"/> I'll never do it right <input type="checkbox"/> I'll never find the right person <input type="checkbox"/> If I love I will be hurt <input type="checkbox"/> I'll get hurt if I get too close in a relationship <input type="checkbox"/> All the good people are already in relationships <input type="checkbox"/> I can't attract/keep a good person with my body looking like this <input type="checkbox"/> I'm a loser <input type="checkbox"/> I have to take what I can get <input type="checkbox"/> I need my partner <input type="checkbox"/> My partner can't get by without me <input type="checkbox"/> She/he is just after my money <input type="checkbox"/> Women/men can't be trusted <input type="checkbox"/> We should enjoy doing the same things <input type="checkbox"/> She/he should support me <input type="checkbox"/> She/he is supposed to take care of me <input type="checkbox"/> It is my job to improve my partner <input type="checkbox"/> I have to protect/defend my partner <input type="checkbox"/> It means something about me if my partner is attractive/unattractive <input type="checkbox"/> She/he doesn't understand me <input type="checkbox"/> She/he doesn't accept me for who I am <input type="checkbox"/> What my partner says/does means something about me <input type="checkbox"/> Relationships are hard <input type="checkbox"/> Relationships don't last <input type="checkbox"/> People I depend on will let me down <input type="checkbox"/> I take away the energy of the person I am with <input type="checkbox"/> The one I love will abandon me <input type="checkbox"/> It means something about me if my relationship doesn't last <input type="checkbox"/> Divorce is a sin/a failure <input type="checkbox"/> I can't win so I might as well get even <input type="checkbox"/> I'm not meant to have a relationship <input type="checkbox"/> My family must approve of my relationship <input type="checkbox"/> Even if I try to explain I won't be heard <input type="checkbox"/> I must control my partner <input type="checkbox"/> Marriage is a trap <input type="checkbox"/> If she/he really knew me, she/he wouldn't be interested <input type="checkbox"/> I have to have a beautiful/muscular body to be desirable <input type="checkbox"/> Romance is only for the young	<input type="checkbox"/> People don't want to listen to me <input type="checkbox"/> The world isn't a safe place <input type="checkbox"/> The world is an unhappy place <input type="checkbox"/> The world won't survive and neither will I <input type="checkbox"/> Life is unfair <input type="checkbox"/> Life is hard <input type="checkbox"/> Life is full of stress and overload <input type="checkbox"/> Men are tough, scary and angry <input type="checkbox"/> Women are tough, scary and angry <input type="checkbox"/> People are out to get me <input type="checkbox"/> The world owes me a living <input type="checkbox"/> The government always lies to us