

CLIENT:

DATE:

Circle the number representing how true each **positive** statement **feels** to you at a gut level, 1 representing completely false and 7 completely true. Omit any which do not seem relevant.

NEGATIVE BELIEFS

POSITIVE BELIEFS

- | | | |
|--|---------------------|--|
| I do not deserve love..... | 1 2 3 4 5 6 7 | I deserve to be loved. |
| I do not deserve to have my needs met..... | 1 2 3 4 5 6 7 | I do deserve to have my needs met. |
| I deserve this pain..... | 1 2 3 4 5 6 7 | I deserve to be free of pain. |
| I deserve to die | 1 2 3 4 5 6 7 | I deserve to live. |
| I do not deserve happiness | 1 2 3 4 5 6 7 | I deserve to be happy. |
| I do not deserve _____ | 1 2 3 4 5 6 7 ... | I can have (deserve) _____ |
| I am a bad person..... | 1 2 3 4 5 6 7 | I am a good person. |
| I am terrible..... | 1 2 3 4 5 6 7 | I am fine as I am. |
| I am worthless (inadequate) | 1 2 3 4 5 6 7 | I am worthy; I am worthwhile. |
| I am shameful..... | 1 2 3 4 5 6 7 | I am honourable. |
| I am unlovable..... | 1 2 3 4 5 6 7 | I am lovable. |
| I am not good enough..... | 1 2 3 4 5 6 7 | I am deserving (fine/okay). |
| I deserve only bad things..... | 1 2 3 4 5 6 7 | I deserve good things. |
| I am permanently damaged..... | 1 2 3 4 5 6 7 | I am (can be) healthy. |
| There is something wrong with me..... | 1 2 3 4 5 6 7 | I am fine just the way I am. |
| I am ugly | 1 2 3 4 5 6 7 | I am fine (attractive/lovable). |
| My body is ugly..... | 1 2 3 4 5 6 7 | I can learn to accept my body. |
| I am stupid..... | 1 2 3 4 5 6 7 | I have intelligence. |
| I am insignificant (unimportant) | 1 2 3 4 5 6 7 | significant (important). |
| I am a disappointment..... | 1 2 3 4 5 6 7 | I am okay just the way I am. |
| I am different (don't belong) | 1 2 3 4 5 6 7 | I am okay as I am. |
| I should have done something..... | 1 2 3 4 5 6 7 | I did the best I could. |
| I did something wrong | 1 2 3 4 5 6 7 | I learned (can learn) from it. |
| I should have known better..... | 1 2 3 4 5 6 7 | I do the best I can (I can learn). |
| I am all alone..... | 1 2 3 4 5 6 7 ... | I can feel lonely sometimes and be OK. |
| I cannot be trusted | 1 2 3 4 5 6 7 | I can be trusted. |
| I cannot trust myself..... | 1 2 3 4 5 6 7 | I can learn to trust myself. |
| I cannot trust my judgement..... | 1 2 3 4 5 6 7 | I can (learn to) trust my judgement. |
| I cannot trust anyone..... | 1 2 3 4 5 6 7 | I can choose whom to trust. |
| I cannot protect myself | 1 2 3 4 5 6 7 | I (can learn to) take care of myself. |
| I am in danger | 1 2 3 4 5 6 7 | It is over; I am safe now. |
| It is not okay to feel (show) my emotions | 1 2 3 4 5 6 7 | I can safely feel (show) my emotions. |
| I cannot stand up for myself..... | 1 2 3 4 5 6 7 | I can make my needs known. |

I am not in control..... 1 2 3 4 5 6 7 I am now in control.
 I am powerless..... 1 2 3 4 5 6 7....I now have choices/can be empowered.
 I am weak 1 2 3 4 5 6 7 I am strong.
 I cannot get what I want..... 1 2 3 4 5 6 7.. I can work towards getting what I want.
 I have to be perfect..... 1 2 3 4 5 6 7 I can allow myself to make mistakes.
 I am a failure (will fail) 1 2 3 4 5 6 7 I can succeed.
 I cannot succeed 1 2 3 4 5 6 7 I can succeed.
 I have to be perfect (please everyone).....1 2 3 4 5 6 7 I can be myself (make mistakes).
 I cannot stand it..... 1 2 3 4 5 6 7 I can handle it.
 I am inadequate..... 1 2 3 4 5 6 7 I am capable.
 I cannot let it out 1 2 3 4 5 6 7 I can choose to let it out.
 I cannot let it go 1 2 3 4 5 6 7 I can choose to let it go.

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