

## Table of Common Core Beliefs

Use this table of common, negative core beliefs to check off those that you feel you may be holding.

Core Beliefs About Yourself	Core Beliefs About Your Context	Core Beliefs About Others
<ul style="list-style-type: none"> <li>I will never be good enough for my parents.</li> </ul>	<ul style="list-style-type: none"> <li>Nobody cares about what I have to say.</li> </ul>	<ul style="list-style-type: none"> <li>I need to look great to be attractive.</li> </ul>
<ul style="list-style-type: none"> <li>I need to conceal my emotions.</li> </ul>	<ul style="list-style-type: none"> <li>It's unwise to trust authorities.</li> </ul>	<ul style="list-style-type: none"> <li>Once someone knows me, they'll lose interest.</li> </ul>
<ul style="list-style-type: none"> <li>I'm incapable of loving others.</li> </ul>	<ul style="list-style-type: none"> <li>I need to control my environment to manage my feelings.</li> </ul>	<ul style="list-style-type: none"> <li>I need to control my significant other.</li> </ul>
<ul style="list-style-type: none"> <li>I need to 'earn' happiness.</li> </ul>	<ul style="list-style-type: none"> <li>Life is always difficult.</li> </ul>	<ul style="list-style-type: none"> <li>My family and friends should support my romantic relationship.</li> </ul>
<ul style="list-style-type: none"> <li>Feeling good is not okay.</li> </ul>	<ul style="list-style-type: none"> <li>The world is a dangerous place.</li> </ul>	<ul style="list-style-type: none"> <li>I'm not a 'relationship person'.</li> </ul>
<ul style="list-style-type: none"> <li>I don't deserve the things I want.</li> </ul>	<ul style="list-style-type: none"> <li>Life is unjust.</li> </ul>	<ul style="list-style-type: none"> <li>Breakups are a sign of weakness.</li> </ul>
<ul style="list-style-type: none"> <li>Nobody respects me.</li> </ul>	<ul style="list-style-type: none"> <li>Risk and danger are everywhere.</li> </ul>	<ul style="list-style-type: none"> <li>The people I love will always end up leaving me.</li> </ul>
<ul style="list-style-type: none"> <li>I'm uninteresting.</li> </ul>	<ul style="list-style-type: none"> <li>I'm never safe.</li> </ul>	<ul style="list-style-type: none"> <li>I'm bad for my partner.</li> </ul>
<ul style="list-style-type: none"> <li>I shouldn't be enjoying myself.</li> </ul>	<ul style="list-style-type: none"> <li>The future is bleak for mankind.</li> </ul>	<ul style="list-style-type: none"> <li>Other people can't be relied on.</li> </ul>
<ul style="list-style-type: none"> <li>Nobody listens to me unless I shout.</li> </ul>	<ul style="list-style-type: none"> <li>Everything is out of my control.</li> </ul>	<ul style="list-style-type: none"> <li>No relationship lasts.</li> </ul>
<ul style="list-style-type: none"> <li>Even my best efforts are never good enough.</li> </ul>	<ul style="list-style-type: none"> <li>People are bad at heart.</li> </ul>	<ul style="list-style-type: none"> <li>All relationships should take a lot of hard work.</li> </ul>
<ul style="list-style-type: none"> <li>I'm unattractive.</li> </ul>		<ul style="list-style-type: none"> <li>My partner's behaviors reflect on me.</li> </ul>
<ul style="list-style-type: none"> <li>I'm unintelligent.</li> </ul>		<ul style="list-style-type: none"> <li>No one accepts me for who I really am.</li> </ul>
<ul style="list-style-type: none"> <li>I'm unworthy of love.</li> </ul>		<ul style="list-style-type: none"> <li>Nobody understands me.</li> </ul>
<ul style="list-style-type: none"> <li>I'll never be as clever as everyone else.</li> </ul>		<ul style="list-style-type: none"> <li>My partner's attributes reflect on me.</li> </ul>

Core Beliefs About Yourself	Core Beliefs About Your Context	Core Beliefs About Others
<ul style="list-style-type: none"> <li>▪ I'm incapable.</li> </ul>		<ul style="list-style-type: none"> <li>▪ Other people need my protection.</li> </ul>
<ul style="list-style-type: none"> <li>▪ I can't forgive myself for my mistakes.</li> </ul>		<ul style="list-style-type: none"> <li>▪ I must make my partner a better person.</li> </ul>
<ul style="list-style-type: none"> <li>▪ I have stupid thoughts.</li> </ul>		<ul style="list-style-type: none"> <li>▪ My significant other should look after me.</li> </ul>
<ul style="list-style-type: none"> <li>▪ Nobody wants to hear what I think.</li> </ul>		<ul style="list-style-type: none"> <li>▪ My partner should always support my decisions.</li> </ul>
<ul style="list-style-type: none"> <li>▪ I'm of no use to anyone.</li> </ul>		<ul style="list-style-type: none"> <li>▪ You need to have similar interests to get along with someone.</li> </ul>
<ul style="list-style-type: none"> <li>▪ I don't belong.</li> </ul>		<ul style="list-style-type: none"> <li>▪ It's not safe to trust other people.</li> </ul>
<ul style="list-style-type: none"> <li>▪ I have no good ideas.</li> </ul>		<ul style="list-style-type: none"> <li>▪ The opposite sex only want one thing.</li> </ul>
<ul style="list-style-type: none"> <li>▪ I don't matter.</li> </ul>		<ul style="list-style-type: none"> <li>▪ Others only like me for material reasons.</li> </ul>
<ul style="list-style-type: none"> <li>▪ I need to please others to earn their respect.</li> </ul>		<ul style="list-style-type: none"> <li>▪ I need other people to feel good.</li> </ul>
<ul style="list-style-type: none"> <li>▪ I'm hard to love.</li> </ul>		<ul style="list-style-type: none"> <li>▪ I should settle for whatever I can get.</li> </ul>
<ul style="list-style-type: none"> <li>▪ I need to work hard to earn others' trust.</li> </ul>		<ul style="list-style-type: none"> <li>▪ Others are out to get me.</li> </ul>
		<ul style="list-style-type: none"> <li>▪ All the good ones are taken!</li> </ul>
		<ul style="list-style-type: none"> <li>▪ Getting close to others is risky.</li> </ul>
		<ul style="list-style-type: none"> <li>▪ Caring about others means making yourself vulnerable.</li> </ul>
		<ul style="list-style-type: none"> <li>▪ I'm incapable of lasting relationships.</li> </ul>
		<ul style="list-style-type: none"> <li>▪ There's only one right person for me.</li> </ul>