# 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 | |
|---|---|---|---|---|---|
| I will never be good enough for my parents. | ☐ | Nobody cares about what I have to say. | ☐ | I need to look great to be attractive. | ☐ |
| I need to conceal my emotions. | ☐ | It's unwise to trust authorities. | ☐ | Once someone knows me, they'll lose interest. | ☐ |
| I'm incapable of loving others. | ☐ | I need to control my environment to manage my feelings. | ☐ | I need to control my significant other. | ☐ |
| I need to 'earn' happiness. | ☐ | Life is always difficult. | ☐ | My family and friends should support my romantic relationship. | ☐ |
| Feeling good is not okay. | ☐ | The world is a dangerous place. | ☐ | I'm not a 'relationship person'. | ☐ |
| I don't deserve the things I want. | ☐ | Life is unjust. | ☐ | Breakups are a sign of weakness. | ☐ |
| Nobody respects me. | ☐ | Risk and danger are everywhere. | ☐ | The people I love will always end up leaving me. | ☐ |
| I'm uninteresting. | ☐ | I'm never safe. | ☐ | I'm bad for my partner. | ☐ |
| I shouldn't be enjoying myself. | ☐ | The future is bleak for mankind. | ☐ | Other people can't be relied on. | ☐ |
| Nobody listens to me unless I shout. | ☐ | Everything is out of my control. | ☐ | No relationship lasts. | ☐ |
| Even my best efforts are never good enough. | ☐ | People are bad at heart. | ☐ | All relationships should take a lot of hard work. | ☐ |
| I'm unattractive. | ☐ | | | My partner's behaviors reflect on me. | ☐ |
| I'm unintelligent. | ☐ | | | No one accepts me for who I really am. | ☐ |
| I'm unworthy of love. | ☐ | | | Nobody understands me. | ☐ |
| I'll never be as clever as everyone else. | ☐ | | | My partner's attributes reflect on me. | ☐ |

| Core Beliefs About Yourself | | Core Beliefs About Your Context | Core Beliefs About Others | |
|---|---|---|---|---|
| I'm incapable. | ☐ | | Other people need my protection. | ☐ |
| I can't forgive myself for my mistakes. | ☐ | | I must make my partner a better person. | ☐ |
| I have stupid thoughts. | ☐ | | My significant other should look after me. | ☐ |
| Nobody wants to hear what I think. | ☐ | | My partner should always support my decisions. | ☐ |
| I'm of no use to anyone. | ☐ | | You need to have similar interests to get along with someone. | ☐ |
| I don't belong. | ☐ | | It's not safe to trust other people. | ☐ |
| I have no good ideas. | ☐ | | The opposite sex only want one thing. | ☐ |
| I don't matter. | ☐ | | Others only like me for material reasons. | ☐ |
| I need to please others to earn their respect. | ☐ | | I need other people to feel good. | ☐ |
| I'm hard to love. | ☐ | | I should settle for whatever I can get. | ☐ |
| I need to work hard to earn others' trust. | ☐ | | Others are out to get me. | ☐ |
| | | | All the good ones are taken! | ☐ |
| | | | Getting close to others is risky. | ☐ |
| | | | Caring about others means making yourself vulnerable. | ☐ |
| | | | I'm incapable of lasting relationships. | ☐ |
| | | | There's only one right person for me. | ☐ |