

Week 2 Module 4 - Core Beliefs

Helpless core beliefs

I am incompetent
I am ineffective
I can't do anything right
I am helpless
I am powerless
I am weak
I am vulnerable
I am a victim
I am needy
I am trapper
I am out of control
I am a failure
I am defective [i.e., I do not measure up to others]
I am not good enough [in terms of achievement]
I am a loser

Unlovable core beliefs

I am unlovable
I am unlikeable
I am undesirable
I am unattractive
I am unwanted
I am uncared for
I am different
I am bad [so others will not love me]
I am defective [so others will not love me]
I am not good enough [to be loved by others]
I am bound to be rejected
I am bound to be abandoned
I am bound to be alone

Worthless core beliefs

I am worthless
I am unacceptable
I am bad
I am a waste
I am immoral
I am dangerous
I am toxic
I am evil
I don't deserve to live

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