



Check List of Negative Beliefs

This checklist is to help you identify what negative beliefs about yourself that you hold. These are typically a result of trauma. While they feel deeply true because they are based in experience they are symptoms of traumatic events. They are not necessarily true in the sense of being a part of shared reality. Negative belief symptoms can keep you stuck, but can be processed in therapy.

This is not for diagnostic purposes and should be used under the guidance of a mental health professional.

Review the list and choose which negative beliefs apply to you. Mark ALL that do apply.

- ☐ I'm unlovable
- ☐ I don't deserve happiness/love/good things
- ☐ Abuse that happened to me is/was my fault
- ☐ I'm abusable or I turn people into abusers
- ☐ I shouldn't exist/I deserve to die
- ☐ I'm not a person/not human
- ☐ I'm useless/I'm a burden
- ☐ I'm responsible for bad things that have happened to me
- ☐ My loved ones are ashamed of me
- ☐ I'm dumb/stupid
- ☐ I should have known better
- ☐ I'll never heal
- ☐ I'm in danger/I'm not safe (though there is no actual threat at hand)
- ☐ I'm helpless/powerless/weak
- ☐ I can't trust anyone/I can't trust myself
- ☐ I'm a failure
- ☐ I'm a piece of shit
- ☐ I'm a monster
- ☐ People will always leave me
- ☐ Bad things always happen to me, more than to other people
- ☐ I'm an embarrassment
- ☐ I'm bad