

Core Beliefs

Below is a list of common negative core beliefs, tick the ones you can identify with.

Addict's beliefs

- I can't live without it — Getting high (OCD, food, sex, drugs, alcohol...) is my most important need
- I am weak — I must avoid pain at all costs
- I need it — It helps me — There's something wrong with me
- I don't have any choice — I can't say no
- I will never get better - Addiction is a chronic disease
- **Security**
- I can't trust anyone - People are untrustworthy
- I have to be alert for danger at all times — The world is an unsafe place
- I am afraid — I should not be afraid
- Bad things I have done are unforgivable — People don't trust me
- No one will protect me — Others will always let me down
- **Helpless**
- I am Helpless - My unhappiness is caused by things outside my control
- I need to be in control — My life is out of control
- I am a victim - no one cares about me — life isn't fair
- I can't change - I am trapped
- I can't cope — Life is full of stress and overload
- **Low self esteem**
- I am disrespected
- I have nothing to offer - others won't like me
- I am inadequate, ineffective, and incompetent
- **Belonging**
- I am unwanted
- I don't fit in
- I am all alone - No one cares about me
- **Not good enough**
- I am unlovable, and worthless - I don't like myself
- I am stupid - I must never get anything wrong
- I am guilty, it's always my fault —
- I'm unimportant..... if I don't get my way
- I'm weak or a loser..... If I don't defend myself
- **Identity**
- I am a fraud — If you really knew me you wouldn't like me
- I am confused - I don't know who I really am
- I am lost - There is something wrong with me/the world
- I am a loser

- I am unattractive – I don't like how I look
- Past events have ruined my chance to be happy
- **People pleasing**
- I must please people in order for them to like me
- Arguing is wrong — People should always get along
- I'll never live up to my parents expectations – I must have their approval
- **Thoughts of entitlement**
- Things must be the way I want them – Life should be fair
- I should always get what I want — The world owes me a living
- I should be able to release all my anger
- **Generalizations and distortions**
- My needs are not going to be met if I have to depend on others
- People are evil, greedy, out to get me
- I won't succeed so why bother trying
- **Perfectionism**
- I must be perfect – If things don't go perfectly it's a disaster
- I have to have all the answers – Things are either right or wrong
- I'm better than others — My way is the best
- Every problem should have an ideal solution