

## Ungodly Beliefs about Myself

Read the following statements and check (✓) the ones that **directly relate** to your current issues. (By the way, all of us have Ungodly Beliefs! ☹)

### Theme: Rejection, Not Belonging

- 1. I don't belong. I will always be on the outside (left out).
- 2. My feelings don't count. No one cares what I feel.
- 3. No one will love me or care about me just for myself.
- 4. I will always be lonely. The special man (woman) in my life will not be there for me.
- 5. \_\_\_\_\_

### Theme: Unworthiness, Guilt, Shame

- 1. I am not worthy to receive anything from God.
- 2. I am the problem. When something is wrong, it is my fault.
- 3. I am a bad person. If you knew the real me, you would reject me.
- 4. If I wear a mask, people won't find out how horrible I am and reject me.
- 5. I have messed up so badly that I have missed God's best for me.
- 6. \_\_\_\_\_

### Theme: Doing to achieve Self worth, Value, Recognition

- 1. I will never get credit for what I do.
- 2. My value is in what I do. I am valuable because I do good to others or because I am 'successful.'
- 3. Even when I do or give my best, it is not good enough. I can never meet the standard.
- 4. God doesn't care if I have a 'secret life,' as long as I appear to be good.
- 5. \_\_\_\_\_

### Theme: Control (to avoid hurt)

- 1. I have to plan every day of my life. I have to continually plan/strategize. I can't relax.
- 2. The perfect life is one in which no conflict is allowed and so there is peace.
- 3. I can avoid conflict that would risk losing others' approval by being passive and not do anything.
- 4. The best way to avoid more hurt, rejection, etc., is to isolate myself.
- 5. \_\_\_\_\_

### Theme: Physical

- 1. I am unattractive. God shortchanged me.
- 2. I am doomed to have certain physical disabilities. They are just part of what I have inherited.
- 3. \_\_\_\_\_

### Theme: Personality Traits

- 1. I will always be \_\_\_\_\_ (angry, shy, jealous, insecure, fearful, etc.).
- 2. I will never be \_\_\_\_\_ (likable, lovable, happy, safe, content, etc.).
- 3. \_\_\_\_\_

### Theme: Identity

- 1. I should have been a boy (or girl), then my parents would have valued/loved me more ..., etc.
- 2. Men (women) have it better.
- 3. I will never be known or appreciated for my real self.
- 4. I will never really change and be as God wants me to be.
- 5. I am not competent/complete as a man (woman).
- 6. \_\_\_\_\_

# Ungodly Beliefs about Others

## Theme: Safety/Protection

- 1. I must be very guarded about what I say since anything I say may be used against me.
- 2. I have to guard and hide my emotions and feelings.
- 3. I cannot give anyone the satisfaction of knowing that they have wounded or hurt me. I'll not be vulnerable, humiliated, or shamed.
- 4. The best way to survive is to ( avoid,  overpower) other people.
- 5. I will always need to be strong in order to protect and defend myself.
- 6. It's not safe to submit myself to anyone.
- 7. \_\_\_\_\_

## Theme: Retaliation

- 1. The correct way to respond if someone offends me is to punish them by withdrawing and/or cutting them off.
- 2. I will make sure that \_\_\_\_\_ hurts as much as I do!
- 3. \_\_\_\_\_

## Theme: Victim

- 1. Authority figures will humiliate me and violate me.
- 2. I will always be used and abused by other people.
- 3. My value is based totally on others' judgment/perception about me.
- 4. I am completely under their authority. I have no will or choice of my own.
- 5. I will not be known, understood, loved, or appreciated for who I am by those close to me.
- 6. The significant people in my life are not there for me and will not be there for me when I need them.
- 7. \_\_\_\_\_

## Theme: Hopelessness/Helplessness

- 1. I am out there all alone. If I get into trouble or need help, there is no one to rescue me.
- 2. I have made such a mess of my life there is no use going on.
- 3. I am a victim of my circumstances and there is no hope for change.
- 4. I'm all alone.
- 5. Something is wrong with me.
- 6. \_\_\_\_\_

## Theme: Defective in Relationships

- 1. I will never be able to fully give or receive love. I don't know what it is.
- 2. If I let anyone get close to me, I may get my heart broken again. I can't let myself risk it.
- 3. If I fail to please you, I won't receive your pleasure and acceptance of me.
- 4. I must strive (perfectionism) to do whatever is necessary to try to please you.
- 5. I will never be a priority with those in authority over me.
- 6. \_\_\_\_\_

## Theme: God

- 1. God loves other people more than He loves me.
- 2. God only values me for what I do. My life is just a means to an end.
- 3. No matter how much I try, I'll never be able to do enough nor do it well enough to please God.
- 4. God is judging me when I relax. I have to stay busy about His work or He will punish me.
- 5. God has let me down before. He may do it again. I can't trust Him or feel secure with Him.
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_