For each belief, state it OUT LOUD and tune in to how true it FEELS to you (get into your heart, not your head).
Give it a rating of 0-10 with 10 = Feels totally true and 0 = Doesn’t feel true at all. Write it down next to the belief.

NATURAL CONFIDENCE BELIEFS

Mistakes & failures are bad

I’m not good enough

Change is hard and takes a long time

I’m not important

What makes me good enough or important is having people think well of me

Nothing I do is good enough

I’m not capable

I’m not competent

I’m inadequate

If I make a mistake or fail, I’ll be rejected

I’m a failure

I’m stupid

I’m not worthy

I never get what I want

I’m powerless

What makes me good enough or important is doing things perfectly

People aren’t interested in what I have to say

What I have to say is not important

It’s dangerous to have people focus on me

NATURAL CONFIDENCE CONDITIONINGS

Fear of being criticized or judged

Fear of not meeting peoples’ expectations

Fear of people putting their attention on me

Fear of being rejected

OTHER SELF-ESTEEM BELIEFS

There’s something wrong with me

I don’t matter

What I want doesn’t matter

What I feel doesn’t matter

What I do doesn’t matter

My needs are not important

I’m worthless

I’m not deserving

I’m not valuable

I don’t deserve to have what I want

I’m not okay

I’m not lovable

I’m bad

I’m nothing/nobody

Nothing I do is good enough

I’m not attractive

I’m ugly

I’m not talented

I’m weak

I’m inadequate

I’m not intelligent

I’m a fake/fraud/phony

I’m a disappointment

I’m invisible

I’m not acceptable

I’m doomed/cursed

I have nothing to offer

I’m not trustworthy

I’m a loser

I’m defective

I don’t have what it takes

I’m not good at \_\_\_\_\_\_\_\_ (math, #s, etc.)

Making a mistake means I’m not capable/competent/I’m stupid

HEALTH/WEIGHT BELIEFS

It’s hard to lose weight I’m afraid I’ll lose weight and still be unhappy

Exercise isn’t fun It’s not safe to be thin

Exercise is too hard I just can’t keep weight off when I lose it

I’m not good at exercise I don’t deserve to be thin

Exercise is too time-consuming I don’t believe diets work

I don’t have time to exercise I have to eat food I hate to lose weight

I have to diet to lose weight Healthy food doesn’t taste good

I’ll feel deprived if I have to eat healthy I would have to buy a new wardrobe if I lost weight

Losing/maintaining a healthy weight is all willpower People would hit on me if I was thin.

There are certain foods I just can’t resist I won’t be myself at a healthy weight

I won’t ever be able to enjoy my food if I want to I will insult people if I don’t eat what they offer
 maintain a healthy weight Food is my reward

I don’t believe I can lose weight/keep it off Food is entertainment

Everyone in my family is overweight, so it’s in my genes Cooking isn’t fun
 to be fat It takes too long to make healthy food

My family won’t eat healthy food if I make it I don’t have time to cook/make healthy good

I just have a slow metabolism My body will never be attractive, so why bother

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