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

OTHER GENERAL SELF/LIFE BELIEFS

Life is hard

Life is a struggle/difficult

Good things don’t last

I’m unlucky

I have nothing but bad luck

Life is not fair

I’m not safe

The world’s not safe

People can’t be trusted

People are always trying to cheat me

If I lose weight, I’ll be vulnerable

Putting my needs first is selfish