

| Beliefs About Yourself   | Beliefs About Relationships   | About Life  |
|--|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> I don't deserve love</li> <li><input type="checkbox"/> I must earn love to deserve it</li> <li><input type="checkbox"/> I'm not lovable</li> <li><input type="checkbox"/> To be loveable I must always agree</li> <li><input type="checkbox"/> I'm not important</li> <li><input type="checkbox"/> I'm not creative</li> <li><input type="checkbox"/> I must please others to be worthy</li> <li><input type="checkbox"/> I don't fit in</li> <li><input type="checkbox"/> I'm not capable</li> <li><input type="checkbox"/> I'm not a worthwhile person</li> <li><input type="checkbox"/> My opinions aren't wanted</li> <li><input type="checkbox"/> My thoughts are dumb</li> <li><input type="checkbox"/> I'm a bad person</li> <li><input type="checkbox"/> Bad things I've done are not forgivable</li> <li><input type="checkbox"/> I can't do it</li> <li><input type="checkbox"/> I'm stupid</li> <li><input type="checkbox"/> I'm not as smart as others so I am no good</li> <li><input type="checkbox"/> I'm clumsy</li> <li><input type="checkbox"/> I'm ugly</li> <li><input type="checkbox"/> I fail no matter how hard I try</li> <li><input type="checkbox"/> I don't deserve pleasure</li> <li><input type="checkbox"/> I have to yell to get anyone to listen</li> <li><input type="checkbox"/> I'm boring</li> <li><input type="checkbox"/> I'm not supposed to have fun</li> <li><input type="checkbox"/> It's bad to grow up</li> <li><input type="checkbox"/> I'm not respected</li> <li><input type="checkbox"/> I can't have what I want</li> <li><input type="checkbox"/> It's not okay to feel good</li> <li><input type="checkbox"/> I don't deserve happiness</li> <li><input type="checkbox"/> I'm not a loving person</li> <li><input type="checkbox"/> I must hide my true feelings</li> <li><input type="checkbox"/> I have to suffer in some way to receive love</li> <li><input type="checkbox"/> I'll never live up to my parents expectations</li> <li><input type="checkbox"/> I can't live up to my self image</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> I don't have what it takes to make a relationship work</li> <li><input type="checkbox"/> A relationship will only work with the right person</li> <li><input type="checkbox"/> I'll never do it right</li> <li><input type="checkbox"/> I'll never find the right person</li> <li><input type="checkbox"/> If I love I will be hurt</li> <li><input type="checkbox"/> I'll get hurt if I get too close in a relationship</li> <li><input type="checkbox"/> All the good people are already in relationships</li> <li><input type="checkbox"/> I can't attract/keep a good person with my body looking like this</li> <li><input type="checkbox"/> I'm a loser</li> <li><input type="checkbox"/> I have to take what I can get</li> <li><input type="checkbox"/> I need my partner</li> <li><input type="checkbox"/> My partner can't get by without me</li> <li><input type="checkbox"/> S/he is just after my money</li> <li><input type="checkbox"/> Men/women want only one thing</li> <li><input type="checkbox"/> Women/men can't be trusted</li> <li><input type="checkbox"/> We should enjoy doing the same things</li> <li><input type="checkbox"/> S/he should support me</li> <li><input type="checkbox"/> S/he is supposed to take care of me</li> <li><input type="checkbox"/> It is my job to improve my partner</li> <li><input type="checkbox"/> I have to protect/defend my partner</li> <li><input type="checkbox"/> It means something about me if my partner is attractive/unattractive</li> <li><input type="checkbox"/> S/he doesn't understand me</li> <li><input type="checkbox"/> S/he doesn't accept me for who I am</li> <li><input type="checkbox"/> What my partner says/does means something about me</li> <li><input type="checkbox"/> Relationships are hard</li> <li><input type="checkbox"/> Relationships don't last</li> <li><input type="checkbox"/> People I depend on will let me down</li> <li><input type="checkbox"/> I take away the energy of the person I am with</li> <li><input type="checkbox"/> The one I love will abandon me</li> <li><input type="checkbox"/> It means something about me if my relationship doesn't last</li> <li><input type="checkbox"/> Divorce is a sin/a failure</li> <li><input type="checkbox"/> I can't win so I might as well get even</li> <li><input type="checkbox"/> I'm not meant to have a relationship</li> <li><input type="checkbox"/> My family must approve of my relationship</li> <li><input type="checkbox"/> Even if I try to explain I won't be heard</li> <li><input type="checkbox"/> I must control my partner</li> <li><input type="checkbox"/> Marriage is a trap</li> <li><input type="checkbox"/> If s/he really know me, s/he wouldn't be interested</li> <li><input type="checkbox"/> I have to have a beautiful/muscular body to be desirable</li> <li><input type="checkbox"/> Romance is only for the young</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> People don't want to listen to me</li> <li><input type="checkbox"/> The world isn't a safe place</li> <li><input type="checkbox"/> The world is an unhappy place</li> <li><input type="checkbox"/> The world won't survive and neither will I</li> <li><input type="checkbox"/> Life is unfair</li> <li><input type="checkbox"/> Life is hard</li> <li><input type="checkbox"/> Life is full of stress and overload</li> <li><input type="checkbox"/> Men are tough, scary and angry</li> <li><input type="checkbox"/> Women are tough, scary and angry</li> <li><input type="checkbox"/> people are out to get me</li> <li><input type="checkbox"/> The world owes me a living</li> <li><input type="checkbox"/> The government always lies to us</li> </ul> |