

Subconscious Beliefs worksheet

Check any and all items that apply to that worksheet.

I'm All Alone

I am not:

- Cared for
- Lovable
- Liked
- Included
- Worthy
- Deserving
- Important
- Wanted

I am:

- Left out
- Different
- Not loved
- Worthless
- Lonely
- Insignificant

I don't matter

- No one cares about me
- No one understands me
- No one listens to me
- There's no one out there for me
- Nobody wants me

I Don't Belong Here

I am

- Broken
- Bad
- Evil

Something's Wrong With Me

I am not:

- Smart enough
- Good looking enough
- Tall enough
- Talented enough
- Old enough
- Young enough
- Thin enough
- Heavy enough
- The right age
- The right color
- The right sex
- The right size
- The right Ethnicity
- Worth it

I am:

- Stupid
- Lazy
- No good
- A screw up
- Incapable
- Unable
- Limited
- Small
- Insignificant
- Different
- Worthless

Subconscious Beliefs worksheet

Trigger Behavior List	
<input type="checkbox"/> Accused me	<input type="checkbox"/> Forgot about me
<input type="checkbox"/> Blamed me	<input type="checkbox"/> Did not show
<input type="checkbox"/> Yelled at me	<input type="checkbox"/> Wasn't there for me
<input type="checkbox"/> Made me wrong	<input type="checkbox"/> Did not help me
<input type="checkbox"/> Disrespected me	<input type="checkbox"/> Left me
<input type="checkbox"/> Attacked me	<input type="checkbox"/> Ignored me
<input type="checkbox"/> Scolded me	<input type="checkbox"/> Criticized me
<input type="checkbox"/> Abused me	<input type="checkbox"/> Made fun of me
<input type="checkbox"/> Belittled me	<input type="checkbox"/> Laughed at me
<input type="checkbox"/> _____	