

# Step # 1 - Core Beliefs Inventory

For each of the 100 statements that follow, circle T or F according to how well it describes you. When you are no sure, base your answer on what you emotionally **feel**, not on what you **think** to be true. In cases where it's a close decision, go with your first impulse. It is important to complete every item, circling either the T or F, but not both. Then for each answer rate the strength of each answer, 0 to 5, as it applies to you. If you desire, rewrite the statement so that it would be even more trues for you.

## Strength Rating Scale:

*Seldom or never 0 - 1 - 2 - 3 - 4 - 5 Almost All The Time*

|     | T of F | Rating | Current Belief                                      | New Belief |
|-----|--------|--------|---|------------|
| 1.  | T F    |        | I am worthy of love and respect.                    |            |
| 2.  | T F    |        | My world is relatively a safe place.                |            |
| 3.  | T F    |        | I do many things well.                              |            |
| 4.  | T F    |        | I am in control of my life.                         |            |
| 5.  | T F    |        | I feel very loved and cared for.                    |            |
| 6.  | T F    |        | I'm comfortable telling people what I want or need. |            |
| 7.  | T F    |        | The people in my life treat me fairly.              |            |
| 8.  | T F    |        | I feel a strong sense of belonging.                 |            |
| 9.  | T F    |        | I feel most people are trustworthy.                 |            |
| 10. | T F    |        | I set goals or myself that are achievable.          |            |
| 11. | T F    |        | Everything that goes wrong is all my fault.         |            |
| 12. | T F    |        | I don't feel safe much of the time.                 |            |
| 13. | T F    |        | I can't seem to do any right.                       |            |
| 14. | T F    |        | I have very little control over my lie.             |            |



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|-----|-----|--|--|--|
| 15. | T F |  | I never really felt loved by my family.  |  |
| 16. | T F |  | I can't count of God, he never answers my prayers.                               |  |
| 17. | T F |  | There are things in my life that I can't accept, but I can't seem to change hem. |  |
| 18. | T F |  | I usually feel left out of groups.   |  |
| 19. | T F |  | People take advantage of me all he time.   |  |
| 20. | T F |  | I am usually no satisfied with myself.   |  |
| 21. | T F |  | I'm comfortable in most situations.  |  |
| 22. | T F |  | I have the peace of God with me.   |  |
| 23. | T F |  | I do most things well.   |  |
| 24. | T F |  | I am able to solve most of my problems.  |  |
| 25. | T F |  | I have a least one satisfying relationship.                                      |  |
| 26. | T F |  | I usually have enough self-disciple to get my projects finished.                 |  |
| 27. | T F |  | I accept situations the way they are when I can't change them.                   |  |
| 28. | T F |  | I blend in well with my friends.   |  |
| 29. | T F |  | I rarely need to protect myself against others.                                  |  |
| 30. | T F |  | I can forgive myself for mistakes.   |  |
| 31. | T F |  | I am guilty as charged.  |  |
| 32. | T F |  | I am afraid if things are uncertain.   |  |
| 33. | T F |  | I am not good enough.  |  |
| 34. | T F |  | I feel overwhelmed by some evens.  |  |



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| 35. | T F |  | I am not lovable.   |  |
| 36. | T F |  | I go along with other people's plans for everything.                |  |
| 37. | T F |  | I can't depend on God.  |  |
| 38. | T F |  | I feel like an outsider in church just like in my family of origin. |  |
| 39. | T F |  | Most people only think of themselves.                               |  |
| 40. | T F |  | I always feel I can do better.                                      |  |
| 41. | T F |  | I deserve to have my needs met.                                     |  |
| 42. | T F |  | I am willing to take risks.   |  |
| 43. | T F |  | I have no lack for my God supplies all of my need.                  |  |
| 44. | T F |  | My impulses and emotions don't control me.                          |  |
| 45. | T F |  | I feel loved and nurtured by my family of origin.                   |  |
| 46. | T F |  | I don't need approval or validation from others.                    |  |
| 47. | T F |  | I have faith that things will work out one way or the other.        |  |
| 48. | T F |  | I feel accepted as I am in most situations.                         |  |
| 49. | T F |  | I don't worry about being taken advantage of.                       |  |
| 50. | T F |  | I am flexible with the standards I set for myself.                  |  |
| 51. | T F |  | I must be unattractive, nobody pays attention to me.                |  |
| 52. | T F |  | I must be careful with my money or I'll have nothing.               |  |
| 53. | T F |  | I avoid new challenges, I always fail.                              |  |
| 54. | T F |  | I'm afraid I'll become emotional at the wrong time.                 |  |



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| 55. | T F |  | If I disappeared tomorrow nobody would notice or care.    |  |
| 56. | T F |  | I need someone to be close, I don't well alone.           |  |
| 57. | T F |  | I hate being told I can't do something.                   |  |
| 58. | T F |  | I am alone most of the time.                              |  |
| 59. | T F |  | God tells us to love our neighbors, but I just can't.     |  |
| 60. | T F |  | I do not make mistakes. I have to be the best.            |  |
| 61. | T F |  | I make mistakes, sometimes, but I am not a failure.       |  |
| 62. | T F |  | I can take care of myself and those I love.               |  |
| 63. | T F |  | I can learn new things quite easily.                      |  |
| 64. | T F |  | For God has not given me a spirit of fear; but of power.  |  |
| 65. | T F |  | I am admired by my co-workers.                            |  |
| 66. | T F |  | I often choose to spend time alone.                       |  |
| 67. | T F |  | Usually, I receive fair treatment.                        |  |
| 68. | T F |  | I am accepted.  |  |
| 69. | T F |  | I feel like I can trust most people.                      |  |
| 70. | T F |  | I know I'm not perfect and I'm okay with it.              |  |
| 71. | T F |  | I am defective. I will never amount to anything.          |  |
| 72. | T F |  | I choose the familiar instead of taking a risk.           |  |
| 73. | T F |  | I don't do well under stress.                             |  |
| 74. | T F |  | I am very disorganized and I feel powerless to change it. |  |



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| 75. | T F |  | I don't feel God loves or cares about me.                               |  |
| 76. | T F |  | I'm a people pleaser.   |  |
| 77. | T F |  | I don't do well with limitations.                                       |  |
| 78. | T F |  | I sometimes feel like an unwelcomed alien.                              |  |
| 79. | T F |  | I'm always on guard against other's lies and negative remarks about me. |  |
| 80. | T F |  | I can't trust most Christians. They're not honest.                      |  |
| 81. | T F |  | I feel I'm in control of my life.                                       |  |
| 82. | T F |  | I don't worry about health or money. I'm secure.                        |  |
| 83. | T F |  | I usually make good decisions.  |  |
| 84. | T F |  | I can be in charge when I need to.                                      |  |
| 85. | T F |  | I can depend on my friends and family for support.                      |  |
| 86. | T F |  | I'm capable to thinking for myself. I'm a self-starter.                 |  |
| 87. | T F |  | Most of the time I receive fair treatment.                              |  |
| 88. | T F |  | I am comfortable where I am in life.                                    |  |
| 89. | T F |  | I'm not a suspicious person.  |  |
| 90. | T F |  | It's okay for myself and others to make mistakes.                       |  |
| 91. | T F |  | Nobody would want to be with me. I'm flawed.                            |  |
| 92. | T F |  | I get uncomfortable and worried if I get very far from home.            |  |
| 93. | T F |  | I mess up everything I try.   |  |
| 94. | T F |  | I often feel like the victim.   |  |



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|------|-----|--|--|--|
| 95.  | T F |  | There's nobody I can count on for support or help.                 |  |
| 96.  | T F |  | I put other peoples need and wants before my own.                  |  |
| 97.  | T F |  | I usually expect the worse and it happens.                         |  |
| 98.  | T F |  | I don't fit in anywhere.   |  |
| 99.  | T F |  | People usually don't do what they say they're going to do.         |  |
| 100. | T F |  | I push myself so hard it very difficult to maintain relationships. |  |



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