

Identifying negative core foundational beliefs:

Were you ever made to believe that in order for someone to be acceptable and lovable, one must:

Be better than everyone else?
Be first at everything?
Be perfect, without faults?
Be intelligent and clever?
Be handsome / beautiful?
Have perfect order and cleanliness at home?
Have great success in his/her love life?
Have financial and social success?
Be liked by everyone all the time ?
Like everyone?
Always satisfy the needs of others?
Never say "no" to others?
Not express needs or make any demands?

Growing up as a girl, were you ever made to feel:

Beauty (physical appearance) is everything?
You are worth less than a man?
You are not safe/complete without a man?
Sex is dirty, sinful, forbidden, and/or an obligation?
In order to be socially acceptable you must marry 'well'?
You are less competent than a man?
Your purpose is to serve others?
Like you had to "dumb yourself down"?
You must not express your needs, your feelings or your opinions?
You must defer to your to your parents and/or husband?
Not trust other women?
You must be beautiful, thin and/or youthful to be loved and accepted?
You must sacrifice yourself and your own needs to take care of others?
You must be strong and able to "do it all" and "keep it all together"?
Your worth is measured according to your professional success, education, financial worth, and/or social status?

Have you ever thought:

I must be like others in order to be accepted.
If someone doesn't like me it's my fault.
I have to take care of everyone else.
I have to always please others by doing what they want me to do.
I cannot be happy if others are not happy.
I am responsible for others. (Their health safety, happiness, success, and satisfaction)
My (husband/boyfriend/girlfriend/child) is supposed to always put me first and make me happy.
I can't let anyone see the "real" me - because they wouldn't like me.
I'll never measure up - no matter what I do.
I must do whatever it takes to make others happy.
I can't let anyone be mad at me.

I can only trust and rely on myself.
No one would ever want to be with me.
I don't have anything worthwhile to offer anyone.
I don't deserve happiness or a permanent, loving, steady relationship .
I don't deserve nice things or having money.
I am unworthy of (...)
Putting myself first is selfish.
Life is unfair and there is no real justice.
I'll never get what I want or need.
I don't deserve (...).
I have no right to be happy when so many people in the world are suffering.
Others accept me and want me only when I'm strong.
People are just out to use you for whatever they can get.
Nothing lasts forever.
No one ever listens to me or takes me seriously.
No one will ever love me enough to stay with me.
I cannot trust men/women/anyone.
I don't accept things from other people because I don't want to owe them.
The approval of others is the most important thing to have.
You have to make lots of money and live in a fancy house to be successful.
Others owe me for all I've done for them.
Others are responsible for my unhappiness, illness, failure.
I have to do everything myself or it won't get done.
I can't rely on anyone for anything.
If I don't do it, no one will, or it won't be done right.
I sacrifice for others all the time but no-one ever sacrifices for me.
I must be always strong, must never show weakness or ask for help.
Nothing is ever easy.
Everything has a price - nothing comes free.

Others not listed: