

Core Beliefs Inventory

CORE BELIEFS INVENTORY

After each of the 100 statements that follow, circle T or F according to whether you think the statement is mostly true or mostly false. In cases where it's a close decision, go with your first impulse. It is important to complete every item, circling the T or the F (but not both), in order to get an accurate score at the end. But this is not a test – there are no right or wrong answers, or better and worse ways to complete the inventory.

1. I am worthy of love and respect

☐ T ☐ F

2. My world is a pretty safe place

☐ T ☐ F

3. I perform many tasks well

☐ T ☐ F

4. I am in control of my life

☐ T ☐ F

5. I feel loved and cared for

☐ T ☐ F

6. I can rely upon myself

☐ T ☐ F

7. The world is neither fair nor unfair

☐ T ☐ F

8. I feel a strong sense of belonging in my family and community

☐ T ☐ F

9. Most people can be trusted

☐ T ☐ F

10. I set reasonable standards for myself

☐ T ☐ F

11. I often feel flawed or defective

☐ T ☐ F

12. Life is dangerous – a medical, natural, or financial disaster could strike at any time

☐ T ☐ F

13. I am basically incompetent

☐ T ☐ F

14. I have very little control over my life

☐ T ☐ F

15. I've never felt really cared for by my family

☐ T ☐ F

16. Others can care for me better than I can care for myself

☐ T ☐ F

17. I get upset when I don't get what I want – I hate to take no for an answer

☐ T ☐ F

18. I frequently feel left out of groups

☐ T ☐ F

19. Many people would like to hurt me or take advantage of me

☐ T ☐ F

20. Very little of what I do satisfies me – I usually think I could do better

☐ T ☐ F