

_____)_____

What have these beliefs cost me?

This does not replace the original resentment inventory. Use this or the original resentment inventory for self-defeating beliefs

Self-Defeating Belief Inventory

“God Please Help Me See the Truth About My Self-Defeating Beliefs”

Column 1 - My Self-Defeating Belief: _____

Column 2 - The Cause: *Why Do I Have This Belief? Who Told me This? What Happened in my past?*
(Where did this belief originate? How long have I carried it?)

Column 3 - Affects My: *Keep column 1 & 2 in mind while writing column 3 (ref p.63 “we considered it carefully”)*

Fear of being...

Self Esteem: *How does this belief make me feel about myself?* _____ ()
(How it makes me feel about myself?) _____ ()

_____ ()

Pride: *How does this belief affect how I think people see me?* _____ ()
(How I believe others feel about me?) _____ ()

_____ ()

Ambition: *Who do I want to be? What do I want to do? How does this belief affect those things?* (How this has kept me from achieving things I want?) _____ ()

_____ ()

_____ ()

Security: *What do I want or need to be secure in? How does this belief affect those things I want to be secure in?* (Physical &/or Emotionally?) (How this has affected my inner security?) _____ ()

_____ ()

_____ ()

Personal Relationships: *How does this belief affect how I deal with other people in a general way?*
(My feelings about relationships?) _____ ()

_____ ()

_____ ()

Sex Relationships: *How does this belief effect my intimate relationships with someone else, other?*
(My feelings about intimate relationships?) _____ ()

_____ ()

_____ ()

Pocket Book: *How does this belief affect me financially?* _____ ()
(How this belief affects my financial/emotional security?) _____ ()

_____ ()

_____ ()

Is this a Lie? (Always YES! The 2 biggest lies - "That is the way it is." & "That's the way I am." _____ ()

()

()

(REALIZATION - How have I used this belief to play victim or bully in the lives of those around me?)

"God, I have had a sick soul, please forgive me and help me forgive myself."

“God Help Me See the Truth”

Column 4 - Look Around the Whole Belief / Lie

(How have I used this belief and how has it used me?)

Where was I Self-Seeking? *What did I Do? What were my selfish actions or activities?*

Where had I been Selfish? *What was my selfish Thinking or behavior?*

Where was I Dishonest? *What are the lies I tell myself as a result of my selfish thinking?(Am I not a victim of delusion I can wrest satisfaction & happiness if I only manage well?)* (Where was I delusional in my thinking and/or actions?)

Where was I frightened? *What am I afraid of?*

Harm: *Do I see any harm I caused? Look around the belief, including how it affects others i.e.: partners, kids, parents, employers etc...)*
