

Identifying Beliefs Inventory - Assessment #2

Uncover your beliefs by taking this inventory. According to your gut, not your head, read each statement and then check the box that best describes you: strongly believe, sometimes believe, never believe
(Adapted and Taken from *The Lies We Believe*, by Dr. Chris Thurman)



- 1) It's not ok to be human and make mistakes
 Strongly believe Sometimes believe Never believe
- 2) My worth is determined by my performance
 Strongly believe Sometimes believe Never believe
- 3) I must have everyone's love and approval
 Strongly believe Sometimes believe Never believe
- 4) It's easier to avoid my problems rather than to face them
 Strongly believe Sometimes believe Never believe
- 5) I can't be happy unless things go my way
 Strongly believe Sometimes believe Never believe
- 6) My unhappiness is someone else's fault
 Strongly believe Sometimes believe Never believe
- 7) People can meet all of my emotional needs
 Strongly believe Sometimes believe Never believe
- 8) People should accept me just the way I am
 Strongly believe Sometimes believe Never believe
- 9) People who hurt me have to earn my forgiveness
 Strongly believe Sometimes believe Never believe
- 10) Other people are more messed up than me
 Strongly believe Sometimes believe Never believe
- 11) You can have it all
 Strongly believe Sometimes believe Never believe
- 12) You shouldn't have to wait for what you want
 Strongly believe Sometimes believe Never believe
- 13) Life should be easy
 Strongly believe Sometimes believe Never believe
- 14) Life should be fair
 Strongly believe Sometimes believe Never believe
- 15) People are basically good
 Strongly believe Sometimes believe Never believe

Men (please answer these)

- 1) My good intentions ought to satisfy everyone
 Strongly believe Sometimes believe Never believe
- 2) I can do it myself
 Strongly believe Sometimes believe Never believe
- 3) It's not ok to feel scared, sad, or hurt
 Strongly believe Sometimes believe Never believe

Women (please answer these)

- 1) My main job in life is to make everyone happy
 Strongly believe Sometimes believe Never believe
- 2) I'm not worthy of being loved for who I am
 Strongly believe Sometimes believe Never believe
- 3) I'm facing my flaws
 Strongly believe Sometimes believe Never believe

Marriage Beliefs (if you are coming for marriage counseling, please answer these also)

- 1) The purpose of marriage is to be happy
 Strongly believe Sometimes believe Never believe
- 2) My spouse can complete all my needs
 Strongly believe Sometimes believe Never believe
- 3) My spouse is a bigger mess than I am
 Strongly believe Sometimes believe Never believe
- 4) My spouse should accept me for who I am
 Strongly believe Sometimes believe Never believe
- 5) My spouse should be just like me
 Strongly believe Sometimes believe Never believe
- 6) Our marriage problems are my spouse's fault
 Strongly believe Sometimes believe Never believe
- 7) My spouse has to earn my forgiveness
 Strongly believe Sometimes believe Never believe
- 8) My spouse owes me
 Strongly believe Sometimes believe Never believe
- 9) If marriage takes hard work, we must not be right for each other
 Strongly believe Sometimes believe Never believe