

## COMMON FALSE BELIEF SYSTEMS

**INSTRUCTIONS:** Review the statements listed below and fill in **ONLY** the columns that you identify with. Say each belief to yourself and only do the ones that **FEEL** true. Circle whether this is a projected lie (PL) or a survival lie (SL). Review your false beliefs with your counselor in your next session and discuss how they affect you and your relationships with others.

False Belief System:		How It Affects Me (make me feel and act):	How It Affects My Relationships:
Example: <i>I don't need anyone.</i>	PL <b>SL</b>	<i>Isolates me. I am unable to ask for help. Get stuck in problems. Only have surface relationships.</i>	<i>People think I don't like them. It shuts people out. I get accused of being a snob.</i>
1. I can't trust anyone.	PL SL		
2. If I'm not in control, something bad will happen.	PL SL		
3. I'm a victim.	PL SL		
4. I'm superior to others.	PL SL		
5. If I'm vulnerable, I'll get hurt.	PL SL		
6. I'm bad — no good.	PL SL		
7. I'll always fail no matter how hard I try.	PL SL		
8. I'm stupid.	PL SL		
9. I'm worthless.	PL SL		

False Belief System:		How It Affects Me (make me feel and act):	How It Affects My Relationships:
10. I cannot cope with life without chemicals.	PL SL		
11. I have value when I'm needed.	PL SL		
12. I don't need anybody.	PL SL		
13. I am my flaws.	PL SL		
14. My value is in my looks.	PL SL		
15. Whatever I do won't be good enough.	PL SL		
16. I'm all alone; no one cares; I have to take care of myself.	PL SL		
17. I feel responsible for other people's feelings, problems & behaviors.	PL SL		
18. My worth is based on my performance.	PL SL		
19. If people know me, they won't like me.	PL SL		
20. God doesn't love me or really care.	PL SL		
21. God won't be there when I need Him.	PL SL		

## THE GENESIS PROCESS

False Belief System:		How It Affects Me (make me feel and act):	How It Affects My Relationships:
22. People will only like me if I'm happy.	PL SL		
23. Authority figures will betray me.	PL SL		
24. I don't deserve to be happy.	PL SL		
25. I can't change.	PL SL		
26. If I don't feel I won't hurt.	PL SL		
27. Asking for help is a sign of weakness.	PL SL		
28. Some sins are not forgivable.	PL SL		
29. People need me, but I don't need them.	PL SL		
30. I can do recovery by myself.	PL SL		
31. People will love and accept me if I'm perfect.	PL SL		
32. I'll never be successful.	PL SL		
33. Rules don't apply to me.	PL SL		