

# IDENTIFYING FALSE BELIEFS

Check each of the following false beliefs you identify with or you tell yourself.

- 1. I must be in control to be safe, secure, or significant.
- 2. I must please other people to be loved or accepted.
- 3. I must overcome and make it; I must be tough and independent to survive.
- 4. To be safe and secure, I must be guarded and not risk intimacy.
- 5. Emotions always represent truth.
- 6. For me to be content, life must be fair.
- 7. I am unworthy of love or acceptance.
- 8. I must be right to be significant or to know I am of value.
- 9. I must be heard to know I am of value.
- 10. I cannot be okay or at peace if those around me are not okay.
- 11. I deserve special treatment from other people.
- 12. I must have respect to know I am of value.
- 13. I must perform/achieve to be accepted.
- 14. What I do makes me who I am.
- 15. My loved ones must change for me to be content and at peace.
- 16. Other people must meet my needs.
- 17. I must get revenge on those who have wronged me.
- 18. I must be protected to know I am safe and secure.
- 19. I must have the approval of other people to know I am of value. Their opinions of me determine my worth.
- 20. I must be in a relationship or married to be satisfied, secure, or significant.
- 21. If I follow the Lord, life will be hard.
- 22. I am a victim.
- 23. My past determines who I am.
- 24. I must meet certain standards to love, accept, and feel good about myself.
- 25. I must have a child to fill my emptiness.
- 26. I must figure out my future to be secure.
- 27. I can't handle this.
- 28. I must be appreciated to know I am of value.
- 29. I do not measure up.
- 30. I'm worthless. I will never amount to anything.
- 31. I am responsible for the happiness of other people, and they are responsible for mine.
- 32. I must fix problems to know I am secure.
- 33. In order to feel worthy, I must not fail.
- 34. I must be the best to know that I am of value.
- 35. I must get my way to be satisfied and content.
- 36. I must earn love.
- 37. Real men do not show they need help.
- 38. I cannot be happy unless my circumstances change.
- 39. I must be understood to have peace and contentment.
- 40. I cannot allow other people to see my flaws. I must be perfect to know I am of value and to be secure.
- 41. The shame of my past is my fault, and I am to blame for the consequences of it.
- 42. I am who I am. I shouldn't have to change.
- 43. I deserve what I have. I worked hard for it.
- 44. I must prove myself to know my worth.
- 45. I must take care of myself.
- 46. Others cannot be trusted.
- 47. I must protect my reputation to feel valued.



# IDENTIFYING FALSE BELIEFS

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Do you have a false belief that is not listed above? If so, write it out here.

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Our false beliefs influence our behaviors and emotions and can ultimately affect our relationship with God. Over the next few weeks, we will explore the correlation between your false beliefs and behaviors, and see how God can transform you.