

Name _____ Date _____



Turning “Stumbling Blocks” Into Personal Growth by “Building Blocks” for “Personal Growth”

INSTRUCTIONS: Check the boxes on the left that reflect the *negative beliefs you have about yourself*. Cross out and rewrite any words to better explain any of your negative self-feelings. After this part of the exercise has been completed, return the form to me and we will begin “Building Blocks” for “Personal Growth” by changing the negative internal self-beliefs into positive feelings of self-esteem.

Stumbling Blocks

- I don't deserve love.
- I am a bad person.
- I am terrible (different/don't belong).
- I am worthless (inadequate).
- I am shameful.
- I am not lovable.
- I am not good enough.
- I deserve only bad things.
- I cannot be trusted.
- I cannot trust myself.
- I cannot trust my judgment.
- I cannot succeed.
- I am not in control.
- I am powerless (helpless).
- I am weak.
- I cannot protect myself.
- I am stupid (not smart enough).
- I am insignificant (unimportant).
- I am a disappointment.
- I deserve to die.
- I deserve to be miserable.
- I cannot get what I want.
- I have to be perfect (please everyone).
- I am permanently damaged.
- I am ugly (my body is hateful).
- I should have done something.
- I did something wrong.
- I am in danger.
- I cannot stand it.
- I cannot trust anyone.
- I cannot let it out.
- It's not okay to feel/show my emotions.
- I cannot stand up for myself.
- I should have known better.
- I am inadequate.

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