

## Negative Beliefs

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> I'm no good/I'm bad       | <input type="checkbox"/> I'm not interesting enough     | <input type="checkbox"/> It's my fault               |
| <input type="checkbox"/> I can't get it right      | <input type="checkbox"/> I am always wrong              | <input type="checkbox"/> I'm imperfect               |
| <input type="checkbox"/> I'm not good enough       | <input type="checkbox"/> I can't understand             | <input type="checkbox"/> I'm unattractive or ugly    |
| <input type="checkbox"/> I'm a failure             | <input type="checkbox"/> I'm stupid or a fool           | <input type="checkbox"/> I'm shameful                |
| <input type="checkbox"/> I'm worthless or unworthy | <input type="checkbox"/> I'm not safe                   | <input type="checkbox"/> I'm flawed                  |
| <input type="checkbox"/> I'm inferior              | <input type="checkbox"/> I'm helpless                   | <input type="checkbox"/> I'm shameful                |
| <input type="checkbox"/> I'm invisible             | <input type="checkbox"/> I'm not capable                | <input type="checkbox"/> I'm awkward                 |
| <input type="checkbox"/> I'm insignificant         | <input type="checkbox"/> I can't let my feelings out    | <input type="checkbox"/> I'm dirty                   |
| <input type="checkbox"/> I'm not loveable          | <input type="checkbox"/> I don't belong or don't fit in | <input type="checkbox"/> I'm fat                     |
| <input type="checkbox"/> I'm unacceptable          | <input type="checkbox"/> I'm unwanted                   | <input type="checkbox"/> I'm out of control          |
| <input type="checkbox"/> I'm plain and dull        | <input type="checkbox"/> I'm inadequate                 | <input type="checkbox"/> I'm powerless               |
| <input type="checkbox"/> I'm not special           | <input type="checkbox"/> I'm unimportant                | <input type="checkbox"/> I don't deserve to be loved |
| <input type="checkbox"/> I don't matter            | <input type="checkbox"/> It's my fault                  | <input type="checkbox"/> I can't do it               |
| <input type="checkbox"/> I am weak                 | <input type="checkbox"/> I can't trust my own judgment  | <input type="checkbox"/> I can't stand up for myself |

**Exploration:** Where do some of these beliefs and sensitivities come from?

- 
- 
-

# View of your Partner

## Positive Attributes

- 
- 
- 
- 
- 
- 

## Challenging Attributes

- 
- 
- 
- 
- 
- 

## When you are in a fight what are your beliefs and Perceptions of your Partner and about the relationship.

**My partner is...**

- 
- 
- 

**My relationship is...**

- 
- 
-