

# CHALLENGING THE LIE:

## 10 TRUTHS TO CUT DOWN THE LIE

THE LIE I'M BELIEVING:

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10 TRUTHS:

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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4. \_\_\_\_\_

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7. \_\_\_\_\_

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8. \_\_\_\_\_

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9. \_\_\_\_\_

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10. \_\_\_\_\_

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# COMMON FALSE CORE BELIEFS

- MY STORY ENDS IN TRAGEDY
- NOTHING TURNS OUT WELL. IT ALWAYS ENDS IN TRAGEDY.
- THE WORLD IS UNSAFE
- FAILURE IS NOT OKAY.
- I HAVE TO MAKE OTHERS HAPPY.
- I SHOULD NEVER BE HURT.
- ALL PAIN IS BAD.
- MY WORTH IS BASED ON WHAT I DO
- MY IDENTITY IS DEFINED BY.... (E.G. MY BODY, SUCCESS).
- I AM WORTHLESS.
- GOD DOESN'T CARE.
- GOD IS NOT HELPING ME.
- GOD ISN'T PROTECTING ME.
- GOD ISN'T MEETING MY NEEDS.
- GOD DOESN'T EXIST.
- IMPERFECTION IS NOT OKAY.
- MAKING MISTAKES IS UNACCEPTABLE.
- LOVE IS CONDITIONAL.
- PEOPLE CAN'T BE TRUSTED AT ALL.
- ALL PEOPLE ARE UNTRUSTWORTHY.
- OTHER PEOPLE CAN RUIN MY FUTURE.
- IT'S BEST TO BE SELF-RELIANT AND INDEPENDENT.
- THERE SHOULD BE NO SUFFERING IN THE WORLD.
- SUFFERING IS ALWAYS BAD.
- TRAGEDY RUINS PEOPLE.
- THE FUTURE IS NOT GOOD.
- I'M NOT GOOD ENOUGH.
- I CAN'T GET ANYTHING RIGHT.
- I'M NOTHING.
- I'M WORTHLESS.
- I'M INSIGNIFICANT.
- I'M TOO BAD TO BE LOVED.
- I'M USELESS.
- I DON'T DESERVE ANYTHING GOOD.
- I'M ALWAYS WRONG.
- I'M NOT LOVABLE.
- I'M UNACCEPTABLE
- I'M ALWAYS LEFT OUT.
- I DON'T MATTER.
- I'M NOT WANTED.
- I'M ALONE IN THIS.
- I DON'T FIT IN ANYWHERE.



# COMMON FALSE CORE BELIEFS

- NOBODY LOVES ME.
- NOBODY WANTS ME.
- I'M UNIMPORTANT.
- I CAN'T BE HAPPY IF I'M ON MY OWN.
- I AM ABANDONED.
- I AM REJECTED.
- I AM ALONE.
- IT'S NEVER GOOD TO BE ALONE.
- I'M NOT AS GOOD AS OTHER PEOPLE.
- I WILL ALWAYS BE REJECTED/ ABANDONED/ALONE.
- I'M HELPLESS/POWERLESS.
- I MUST BE IN CONTROL TO BE OKAY.
- IT'S NOT OKAY TO BE WEAK.
- IT'S NOT OKAY TO BE VULNERABLE.
- THERE'S NO WAY OUT.
- IT'S NOT OKAY TO BE NEEDY.
- IT'S NOT OKAY TO BE INEFFECTIVE.
- I HAVE TO MEASURE UP IN EVERY WAY OTHERWISE...
- I HAVE TO BE GOOD AT EVERYTHING I DO.
- IT IS NEVER GOOD TO GIVE UP OR QUIT.
- IT'S NOT OKAY TO BE UNSUCCESSFUL.
- I CAN'T ACHIEVE.
- I CAN'T CHANGE.
- I CAN'T HANDLE ANYTHING.
- OTHER PEOPLE ARE MORE POWERFUL THAN GOD.
- GOD WON'T FREE ME.
- FEELINGS ARE BAD.
- IT'S NOT OKAY TO FINISH LAST.
- IT'S NOT OKAY TO LOSE.
- GOOD PEOPLE NEVER SAY "NO" TO OTHERS.
- IF PEOPLE DON'T TREAT ME WELL, I CAN'T STAND IT.
- IT'S NOT OKAY TO NOT GET ATTENTION AND PRAISE FROM PEOPLE.
- IF I DON'T EXCEL, THEN I'M INFERIOR AND WORTHLESS.
- IT'S NOT OKAY TO BE ORDINARY.
- I AM ONLY ORDINARY.
- RULES ARE BAD.
- CRITICISM IS ALWAYS BAD.
- PEOPLE SHOULD BE ABLE TO UNDERSTAND ME.
- I HAVE TO DO EVERYTHING PERFECTLY.
- IF I MAKE A MISTAKE, IT MEANS I'M CARELESS/A FAILURE/ETC.



# COMMON FALSE CORE BELIEFS

- IT'S NOT OKAY TO ASK FOR HELP. IF I ASK FOR HELP, THAT MEANS THERE'S SOMETHING WRONG WITH ME.
- I HAVE TO DO EVERYTHING MYSELF.
- IF I DON'T DO IT, NO ONE WILL.
- IT'S NOT OKAY TO LET THINGS FALL APART.
- I'M RESPONSIBLE FOR EVERYONE AND EVERYTHING.
- IF I CARE ENOUGH, I CAN AND WILL FIX HIM/HER/THIS. IF I DON'T THEN I AM BAD.
- IF PEOPLE BETRAY ME, I WILL BE RUINED.
- IT'S SELFISH TO TAKE CARE OF ONESELF.
- I HAVE TO HELP OTHERS. IF I DON'T, THEN I AM BAD.
- I'M ONLY WORTHWHILE IF I HAVE SOMETHING TO OFFER.
- IT'S WRONG TO BE NEEDY.
- I HAVE TO MAKE PEOPLE HAPPY.
- OTHER'S PAIN AND SUFFERING IS MY FAULT.
- IT'S NEVER OKAY TO BE INCOMPETENT.
- IT'S NOT OKAY TO BE NEEDY.
- IT'S NOT OKAY TO BE WEAK.
- IT'S NOT OKAY TO FAIL.
- I SHOULD ALWAYS KNOW.
- I SHOULD ALWAYS BE ABLE.
- I SHOULD ALWAYS BE THERE.
- I SHOULD BE PERFECT ... (FILL IN THE BLANK)
- I SHOULD NEVER FAIL OR DISAPPOINT ANYONE.
- I SHOULD LIKE EVERYONE.
- I SHOULD HAVE NO LIMITS TO MY STRENGTH OR ABILITY.
- I SHOULD NEVER GIVE UP OR QUIT. IT IS NEVER GOOD TO GIVE UP OR QUIT.
- I SHOULD BE ABLE TO SOLVE EVERY PROBLEM PRESENTED TO ME.
- I SHOULD NEVER BE: HURT, IGNORANT, WEAK, CLUMSY, MESSY, TEARFUL, SAD, ANGRY, FEARFUL, DEPENDENT, SHORT-SIGHTED, IMPATIENT, AWKWARD, QUIET, LOUD, VULNERABLE, EMOTIONAL, INEFFICIENT, DISTRACTED, CONFUSED, IMMATURE, GULLIBLE, WRONG, UNSKILLED, CURIOUS....
- HE/SHE/THEY SHOULD NEVER BE.....



# **EMOTIONALLY HEALTHY CORE BELIEFS**

- MY STORY ENDS IN TRIUMPH. GOD ENSURES THIS. IN THE END, EVERYTHING TURNS OUT WELL. IT DOESN'T END IN DISASTER.
- MY FUTURE IS VERY GOOD.
- GOOD OVERCOMES EVIL.
- GOD IS A SOURCE OF SAFETY.
- FAILURE IS OKAY, AND EVEN GOOD.
- I DON'T HAVE TO MAKE OTHERS HAPPY.
- I CAN OVERCOME GETTING HURT.
- PAIN CAN BE GOOD AND HAS VALUE.
- MY WORTH IS NOT BASED ON WHAT I DO.
- MY IDENTITY IS DEFINED BY GOD.  
I AM A CHILD OF GOD.
- I'M PRICELESS.
- GOD CARES IMMENSELY ABOUT ME.
- GOD IS CONSTANTLY HELPING ME.
- GOD IS PROTECTING ME.
- GOD IS MEETING MY NEEDS.
- GOD EXISTS AND HE IS GOOD.
- IMPERFECTION IS NORMAL AND HEALTHY.
- MAKING MISTAKES IS ACCEPTABLE AND HELPS ME GROW.
- LOVE IS UNCONDITIONAL.
- MANY PEOPLE ARE TRUSTWORTHY.
- NO ONE CAN RUIN MY FUTURE.
- IT'S BEST TO BE RELIANT AND DEPENDENT UPON GOD AND OTHERS.  
ONLY GOD IS TRULY INDEPENDENT.
- SUFFERING IS NORMAL, UNIVERSAL EXPERIENCE IN THIS WORLD.
- SUFFERING HAS PURPOSE.
- TRAGEDY TRANSFORMS PEOPLE.
- I'M GOOD ENOUGH.



# **EMOTIONALLY HEALTHY CORE BELIEFS**

- I CAN CHANGE. CHANGE IS INHERENT.  
I CAN HANDLE MANY DIFFICULT THINGS.  
PEOPLE ARE NOT MORE POWERFUL THAN GOD.  
GOD WILL FREE ME.
- FEELINGS ARE HELPFUL AND GOOD.
- IT'S OKAY, AND SOMETIMES BEST TO FINISH LAST.
  - IT'S OKAY AND SOMETIMES BEST, TO LOSE.
  - GOOD PEOPLE OFTEN SAY "NO" TO OTHERS.
- EVEN IF PEOPLE DON'T TREAT ME WELL, I CAN OVERCOME IT.
- IT'S OKAY TO NOT GET ATTENTION AND PRAISE FROM PEOPLE.
  - EVEN IF I DON'T EXCEL, I'M NOT INFERIOR OR WORTHLESS.
    - IT'S OKAY TO BE ORDINARY.
  - THERE ARE RULES THAT ARE NECESSARY AND GOOD.
    - CRITICISM IS OFTEN GOOD.
- IT'S OKAY IF PEOPLE ARE NOT ABLE TO UNDERSTAND ME.
  - I DON'T HAVE TO DO ANYTHING PERFECTLY.
- IF I MAKE A MISTAKE, IT DOESN'T MEAN I'M CARELESS/A FAILURE/ETC.
- IT'S OKAY TO ASK FOR HELP. IF I ASK FOR HELP THAT DOESN'T MEAN THERE'S SOMETHING WRONG WITH ME.
  - I DON'T HAVE TO DO EVERYTHING MYSELF. I CAN ASK FOR AND RECEIVE HELP.
    - I DON'T HAVE TO DO IT, EVEN IF NO ONE ELSE WILL.
    - I'M NOT RESPONSIBLE FOR EVERYONE AND EVERYTHING.
      - IT'S OKAY TO LET THINGS FALL APART.
- EVEN WHEN I CARE A LOT ABOUT OTHERS, I OFTEN CAN'T OR SHOULDN'T FIX HIM/HER/THIS.
  - I AM VALUABLE AND GOOD EVEN WHEN I CAN'T OR DON'T FIX THINGS.
    - EVEN IF PEOPLE BETRAY ME, I WILL NOT BE RUINED.
      - IT'S RESPONSIBLE TO TAKE CARE OF ONESELF.
- I DON'T HAVE TO ALWAYS HELP OTHERS. IT DOESN'T MEAN I'M BAD IF I DON'T.
  - SOMETIMES THE RIGHT THING TO DO IS NOT TO HELP.
  - I'M WORTHWHILE EVEN IF I HAVE NOTHING TO OFFER.
    - I ALWAYS HAVE SOMETHING TO OFFER.
    - IT'S NORMAL AND HEALTHY TO BE NEEDY.
  - OTHERS' PAIN AND SUFFERING IS NOT MY FAULT.



# **EMOTIONALLY HEALTHY CORE BELIEFS**

- **IT'S OKAY AND NORMAL, TO BE INCOMPETENT. EVERYONE IS INCOMPETENT IN MANY WAYS.**
  - **IT'S OKAY AND NORMAL, TO BE WEAK. EVERYONE IS WEAK IN MANY WAYS.**
    - **IT'S OKAY TO FAIL. EVERYONE FAILS... A LOT.**
      - **I DON'T ALWAYS HAVE TO KNOW.**
      - **I DON'T ALWAYS HAVE TO BE ABLE.**
      - **I DON'T ALWAYS HAVE TO BE THERE.**
    - **I DON'T ALWAYS HAVE TO BE THE PERFECT...(FILL IN THE BLANK).**
  - **IT'S NORMAL, AND OFTEN GOOD, TO FAIL OR DISAPPOINT OTHERS.**
    - **I DON'T HAVE TO LIKE EVERYONE.**
- **I HAVE LIMITS TO MY STRENGTH AND ABILITY, AND THAT'S OKAY AND NORMAL.**
  - **IT IS GOOD TO GIVE UP OR QUIT AT TIMES.**
- **I DON'T HAVE TO BE ABLE TO SOLVE EVERY PROBLEM PRESENTED TO ME.**

