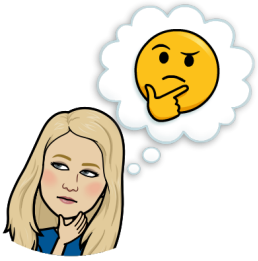
you matter.

STRATEGIC COUNSELING SOLUTIONS
HOPE, HEALING & RESTORATION



NEGATIVE THOUGHTS/LIMITING BELIEFS CHECKLIST

- [ ] I'm not good enough
- [ ] I'm not lovable
- [ ] I'm worthless
- [ ] I am a failure
- [ ] I'm shameful
- [ ] I am damaged
- [ ] Something is wrong with me
- [ ] I'm ugly
- [ ] I'm stupid
- [ ] I'm weird
- [ ] No one likes me
- [ ] I can't do anything right
- [ ] I'll never get this right
- [ ] I'll never amount to anything
- [ ] I can't let it out
- [ ] I don't deserve love
- [ ] I am not safe
- [ ] I am powerless
- [ ] No one can help me
- [ ] Things will never get better
- [ ] I am always going to be alone
- [ ] I am helpless
- [ ] I have to be perfect
- [ ] I don't belong
- [ ] I am not important
- [ ] I am a disappointment
- [ ]
- [ ]

Form created by Lori Allen, LPC-S April 2020