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## Challenging Beliefs About Yourself

Many of the thoughts that really get us stuck tend to be negative thoughts about ourselves. These thoughts make us believe we aren't worthy or that other people deserve good things more than we do. They can prevent us from speaking of, facing challenges, taking risks, and moving forward in pursuit of our values. Often at the core of some of these thoughts are some themes that may be creating these negative views such as:

- I'm unlovable
- I'm not worthy of anything
- I'm broken
- I'm crazy
- I'm inadequate or incompetent
- I'm a failure at everything
- I'm out of control
- I'm weak
- I'm ugly
- I'm toxic or bad

Sometimes it helps to take a second look at some of the beliefs that often get us stuck, the ones that make us feel terrible about ourselves, and figure out if we should be automatically taking them as truth. It can be difficult to do this when you're thinking about yourself, so try using the perspective you have about a friend or that a friend would have about you.

Pick one of the negative beliefs on the list or another one along the same lines that you have about yourself.

**Belief:**

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Now answer the following questions related to the belief:

**Think of someone you know who you believe has the opposite trait.** If your thought is that you are unlovable or unworthy, who is someone you believe to be lovable or worthy.

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**What are some of the things they do to demonstrate these positive traits?**

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**If your close friends or family member were having the same negative thoughts about themselves, what would you tell them?**

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**What would your close friend or family say you have done that is evidence that you have these positive traits?**

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**List some behaviors you can practice to help demonstrate that you are the opposite of your belief. These are the things you would do if you believe the opposite were true.**

For example if you thought you were unworthy, acting worthy might involve asking for things that you have earned, for practicing appearing confident with an upright posture and holding your head up high. If your belief is that you are crazy, some practices might be to talk more about your thoughts with others, try telling yourself that what you are thinking and feeling makes sense, or notice when others might be feeling the same way as you

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