

Identifying Core Beliefs

Core beliefs are the deeply held ideas you have about yourself, others, and the world. They often develop early in life based on your experiences and can influence how you interpret and respond to situations. They can range from positive to negative.

It can be hard to figure out your core beliefs because they sometimes seem to operate below the “surface” of our awareness. Cognitive Behavioral Therapy (CBT) suggests that most core beliefs focus on how capable, likeable, or worthy you believe you are, deep down.

On this worksheet, consider each row and circle the positive or negative core belief example that is the best fit for you.

Positive Core Beliefs

Negative Core Beliefs

I have both strengths and weaknesses, and that's okay — Not sure/Neutral — My weaknesses greatly outweigh my strengths

Pretty often, I can do what I put my mind to — Not sure/Neutral — I'm useless, helpless, or hopeless

I can take care of myself — Not sure/Neutral — I can't take care of myself

I can protect myself — Not sure/Neutral — I can't protect myself

I'm likeable and loveable — Not sure/Neutral — I'm unlikeable and unloveable

I'm interesting or attractive enough — Not sure/Neutral — I'm boring, unattractive, unimportant, or unwanted

Other people will accept me for who I am — Not sure/Neutral — Other people will reject me for who I am

My differences make me special or unique — Not sure/Neutral — My differences make me unacceptable to others

I'm as worthy of love as everyone else — Not sure/Neutral — I'm morally bad or unworthy of love

I'm good enough — Not sure/Neutral — At my core, I'm just not good enough

I'm no better and no worse than others — Not sure/Neutral — I am much worse than others

I deserve a good life as much as anyone else — Not sure/Neutral — I do not deserve to have a good life

Capable

Likeable

Worthy



Scan or [click here](#) to learn more about CBT:

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://choosingtherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

Learn More with [Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



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