

Iceberg Beliefs Worksheet

Name: _____ Date: _____ Worksheet #: _____

Use the same number that you put on the MATRIX Worksheet for which you are using this worksheet. Check any and all items that apply to that worksheet.

I'm All Alone

I am not:

- Cared for
- Lovable
- Liked
- Included
- Worthy
- Deserving
- Important
- Wanted

I am:

- Left out
- Different
- Not loved
- Worthless
- Lonely
- Insignificant

I don't matter

- No one cares about me
- No one understands me
- No one listens to me
- There's no one out there for me
- Nobody wants me

Something's Wrong With Me

I am not:

- Smart enough
- Good looking enough
- Tall enough
- Talented enough
- Old enough
- Young enough
- Thin enough
- Heavy enough
- The right age
- The right color
- The right sex
- The right size
- The right Ethnicity
- Worth it

I am:

- Stupid
- Lazy
- No good
- A screw up
- Incapable
- Unable
- Limited
- Small
- Insignificant
- Different
- Worthless

I Don't Belong Here

I am not:

- Worthy
- Important
- Loveable
- Wanted
- Like Everyone Else

I Don't:

- Fit In
- Look Like Everyone Else
- Act Like Everyone Else
- Feel Like Everyone Else

I am

- Broken
- Bad
- Evil

Iceberg Worksheet Question #2 Reference List	
<input type="checkbox"/> Accused me	<input type="checkbox"/> Forgot about me
<input type="checkbox"/> Blamed me	<input type="checkbox"/> Did not show
<input type="checkbox"/> Yelled at me	<input type="checkbox"/> Wasn't there for me
<input type="checkbox"/> Made me wrong	<input type="checkbox"/> Did not help me
<input type="checkbox"/> Disrespected me	<input type="checkbox"/> Left me
<input type="checkbox"/> Attacked me	<input type="checkbox"/> Ignored me
<input type="checkbox"/> Scolded me	<input type="checkbox"/> Criticized me
<input type="checkbox"/> Abused me	<input type="checkbox"/> Made fun of me
<input type="checkbox"/> Belittled me	<input type="checkbox"/> Laughed at me
<input type="checkbox"/> _____	