

# Assessment about Your Irrational Beliefs

---

This assessment is for helping you, not for judging you!

The more you dare to look at your irrational side, the more tools you will have to be in a better place with your partner.

**Please write down your findings in the „ My Summary File“**

**There can be more than 1, 2, or 3 irrational beliefs from this document.**

**Read through these 12 core beliefs, the sub-beliefs, or add your own version.**

For your general understanding, and generally speaking, irrational beliefs:

- distort reality
- are illogical
- prevent you from reaching your goals
- lead to unhealthy emotions
- lead to self-defeating behavior.

## **Belief no. 1:**

- To be worthwhile as a person I must achieve, succeed at whatever I do, and make no mistakes.

or

- The idea that one should be thoroughly competent, adequate, and achieving in all possible respects if one is to consider oneself worthwhile.

## **Possible sub beliefs:**

- I must be competent and successful.
- I must have an important skill or talent.
- I have to have importance.
- I can't fail.
- One should avoid doing mistakes.
- Mistakes are bad.

Your own version:

---

**Belief no. 2:**

- People should always do the right thing. When they behave obnoxiously, unfairly or selfishly, they must be blamed and punished.

or

- The idea that we must have certain and perfect control over things.

**Possible sub beliefs:**

- I must rate myself as either "good" and "worthy," or "bad" and "worthless."

- Everybody should treat everyone else (especially me) in a fair and considerate manner.

- Other people must not act incompetently or unwisely.

- Talented people must use their talent.

- Other people must not criticize me.

- If they unjustly criticize me, they are no good and don't deserve anything good to happen to them.

Your own version:

---

**Belief no. 3:**

- Every problem should have an ideal solution — and it's intolerable when one can't be found.

or

- The idea that there is invariably a right, precise, and perfect solution to human problems and that it is catastrophic if this perfect solution is not found.

**Possible sub beliefs:**

- I must understand the secrets of the universe.

- I cannot be happy unless I understand the nature and secrets of the universe.

- I need to understand things.

- Everything must have a reason or logic behind it.

- If something can't be explained, I don't believe in it.

Your own version:

---

**Belief no. 4:**

- I have virtually no control over my emotions and I cannot help feeling disturbed about things.

or

- The idea that one should become quite upset over other people's problems and disturbances.

**Possible sub beliefs:**

- I wish I could control myself, but it's just impossible.
- Emotions just come up.
- I simply am an emotional type.
- I'm controlled by my emotions.
- It's not my fault if others push my limits.

Your own version:

---

**Belief no. 5:**

- I need love and approval from those significant to me — and I must avoid disapproval from any source.
- or
- The idea that it is a dire necessity for an adult human being to be loved or approved by virtually every significant other person in his community.

**Possible sub beliefs:**

- Others have to appreciate what I do for them.
- I must not do anything that would cause others to think less of me.
- I have to be nice to others, and others should be nice to me too.
- I can't upset others.
- I have to be here for others.
- Nobody should ever be rejected.

Your own version:

---

**Belief no. 6:**

- I must worry about things that could be dangerous, unpleasant or frightening — otherwise they might happen.
- or
- The idea that if something is or may be dangerous or fearsome one should be terribly concerned about it and should keep dwelling on the possibility of its occurring.

**Possible sub beliefs:**

- I must avoid dangerous or life-threatening situations.
- If I do encounter such situations, I must worry about them to make them go away.
- If I think hard enough of potential dangers, I'm more prepared for them.
- I must control, avoid or change life's dilemmas.
- The world is a dangerous place.
- One should really not push his luck.

Your own version:

---

**Belief no. 7:**

- Because they are too much to bear, I must avoid life's difficulties, unpleasantness, and responsibilities.

or

- The idea that it is easier to avoid than to face life difficulties, and self-responsibilities.

**Possible sub beliefs:**

- I must successfully avoid unpleasant or undesirable situations.

- It should be easy.

- I can't control my emotions in difficult situations.

- I'm not strong enough.

- It's often too difficult.

- If it becomes difficult it's a sign that I'm on the wrong track.

- Things should happen naturally.

Your own version:

---

**Belief no. 8:**

- Events in my past are the cause of my problems — and they continue to influence my feelings and behaviors now.

or

- The idea that one's past history is an all-important determiner of one's present behavior and that because something once strongly affected one's life, it should indefinitely have a similar effect.

**Possible sub beliefs:**

- I must think, feel and act the same as I always have.

- My past has such a strong influence on me that I cannot change.

- I'm a victim of my past.

- Things always remain the same.

- I have no power.

- Hope is only for those who are born happy.

- I have all reasons to have problems.

Your own version:

---

**Belief no. 9:**

- Things and conditions absolutely must be the way I want them to be and must never be too difficult or frustrating.

or

- The idea that it is awful and catastrophic when things are not the way one would very much like them to be.

**Possible sub beliefs:**

- I am right, and I know why.
- I have no patience.
- Others waste my time when not doing it my way.
- Things must go the way I want them to go.
- I need what I want.
- It's my personal right to live according to my ideas.

Your own version:

---

**Belief no. 10:**

- Everyone needs to depend on someone stronger than themselves.

or

- The idea that one should be dependent on others and needs someone stronger than oneself on whom to rely.

**Possible sub beliefs:**

- I must depend on other people because I can't depend on myself.
- I must rely on superstition and religion especially in difficult times.
- I'm weak.
- I don't have in capabilities what others have.
- Some are simply stronger than others.
- I don't have courage.

Your own version:

---

**Belief no. 11:**

- My unhappiness is caused by things that are outside my control — so there is little I can do to feel any better.

or

- The idea that human unhappiness is externally caused and that people have little or no ability to control their sorrows and disturbances.

**Possible sub beliefs:**

- I ought to suffer as long as the world, or the situation remains unjust.
- The world is an awful place.
- We should not have children in this world.
- I don't have the right to be happy as long as others suffer.
- We are all victims of the system.
- We have no power in this world.

Your own version:

---

**Belief no. 12:**

- I shouldn't have to feel discomfort and pain — I can't stand them and must avoid them at all costs.

or

- The idea that human happiness can be achieved by inertia and inaction.

**Possible sub beliefs:**

- I must never feel depressed, anxious or enraged.
- It's not right to feel bad, life is to enjoy.
- There is no point in trying too hard, or have struggles in life.
- My life must have meaning and purpose.
- If I can't create meaning or purpose for myself, the universe or something supernatural must provide it for me.
- I must avoid everything that is not for me.

Your own version:

---