

Quiz: How Healthy are my Core Beliefs?

The following are examples of common positive and negative core beliefs. Make a check next to the alternative which best describes you. At the end, tally up your checks to find the strength of your core beliefs - do they tend to be more positive or negative?

Negative Core Beliefs	Positive Core Beliefs
<input type="radio"/> I am unlikeable	<input type="radio"/> I am likeable
<input type="radio"/> I am unlovable	<input type="radio"/> I am lovable
<input type="radio"/> I am a bad person	<input type="radio"/> I am a good person
<input type="radio"/> I am not smart enough	<input type="radio"/> I am smart
<input type="radio"/> I am a loser	<input type="radio"/> I am special
<input type="radio"/> I am not pretty	<input type="radio"/> I am attractive
<input type="radio"/> I am a failure	<input type="radio"/> I am successful
<input type="radio"/> I am ashamed of who I am	<input type="radio"/> I am proud of who I am
<input type="radio"/> I am inferior to others	<input type="radio"/> I am just as worthy as others
<input type="radio"/> I am not good enough	<input type="radio"/> I am awesome
Negative Core Beliefs	Positive Core Beliefs
Total Score=	Total Score=

What is Your Core Belief Quotient?

To find your Core Belief Quotient:

Put a minus before your Negative Core Belief score and subtract your negative score from your positive one.

(Example: A score of 2 on Your Negative Core Beliefs becomes -2) and add it to your Positive Belief Quotient.)

Total Score: _____

Then graph your score on this scale to find out how healthy is your Core Belief Quotient. The higher the number, the better!

Unhealthy Core Beliefs
(Needs help)

Healthy Core Beliefs
(Awesome!)

-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 1 2 3 4 5 6 7 8 9 10
