When we've experienced hurt, scarcity, and limitations, we begin to internalize beliefs systems that can become self-fulfilling prophecies.

When enough unresolved pain accumulates, we start to see these beliefs as global and they can lead to distorted ways of seeing the world that limit what we accomplish, sabotaging our ability to get what we want from our lives, whether individually, relationally, or with our personal goals and achievements.

These are called “self-limiting core beliefs,” and they can lead to feelings of shame, anxiety, and low-self esteem.

To make matters worse, when we show up in the world in that way, we tend to find ourselves in situations that reinforce our deepest fears, about ourselves, others, and our future, which creates a vicious cycle that can be difficult to see past.

We tend to unquestioningly accept these self-limiting beliefs as true as true when we leave them unchecked and do not examine them more deeply. But don’t despair!

The good news is that with a deeper investigation of our core beliefs, we may discover important truths about ourselves and how we can change these internalized beliefs and irrational thinking (See our Mastering Irrational Thoughts Guide to learn how to overcome irrational thoughts and triggers, which can radically affect our core beliefs as well.)

Cognitive Behavioral Therapy (CBT) is a research-proven technique that can help transform self-limiting core beliefs and help us see ourselves and the world in more empowering ways.

At My LA Therapy, many of the types of therapy we offer are devoted to changing our relationship to our past and stepping into a new present and future. We use mindfulness, experiential, and trauma-focused interventions to help you break free of your limitations and discover what is possible for you.

Take this Self-Limiting Core Beliefs Quiz to identify where your beliefs are blocking you and getting in the way of what you want in life.

Doing so will not only help you develop greater self-awareness, but it will help you pinpoint your stuck points that need attention and healing so you can come up with a plan of attack.

In the coming days, we’ll be sending you free pro-tips, tricks, and practical tools for how to start to transform these limiting beliefs and create new possibilities for your life.

So excited to share these tools because they’ve helped me and so many people break free of scarcity and step into abundance and discover a life I never dreamed was possible.
SELF-LIMITING CORE BELIEFS

Circle T or F according to whether you think the statement is mostly true or mostly false. In cases where it’s a toss up, go with your first instinct. It is important to complete every item in order to get accurate scores at the end. This tests and the results we share with you after are simply an exploration that will allow you to understand yourself more deeply. Trust your gut as you read the questions and you will begin to gain greater self-awareness about your core beliefs.

1. I am worthy of love and respect
2. My world is a pretty safe place
3. I perform many tasks well
4. I am in control of my life
5. I feel loved and cared for
6. I can rely upon myself
7. The world is neither fair nor unfair
8. I feel a strong sense of belonging in my family and community
9. Most people can be trusted
10. I set reasonable standards for myself
11. I often feel flawed or defective
12. Life is dangerous – a medical, natural, or financial disaster could strike at any time
13. I am basically incompetent
14. I have very little control over my life
15. I’ve never felt really cared for by my family
16. Others can care for me better than I can care for myself
17. I get upset when I don’t get what I want – I hate to take no for an answer
18. I frequently feel left out of groups
19. Many people would like to hurt me or take advantage of me
20. Very little of what I do satisfies me – I usually think I could do better
21. I feel OK about myself
22. I can protect myself from most dangers
23. Doing some things comes easy for me
24. I have the power I need to solve most of my problems
25. I have at least one satisfying intimate relationship
26. It’s OK to disagree with others
27. I accept it when I don’t get what I want
SELF-LIMITING CORE BELIEFS

28. I fit in well with my circle of friends  
29. I rarely need to protect or guard myself with other people  
30. I can forgive myself for failure  
31. Nobody I desire would desire me if they really got to know me  
32. I worry about getting sick or hurt  
33. When I trust my own judgment, I make wrong decisions  
34. Events just bowl me over sometimes  
35. My relationships are shallow – if I disappeared tomorrow, no one would notice  
36. I find myself going along with others’ plans  
37. There are certain things I simply must have to be happy  
38. I feel like an outsider  
39. Most people think only of themselves  
40. I’m a perfectionist; I must be the best at whatever I do  
41. I have legitimate needs I deserve to fill  
42. I am willing to take risks  
43. I am a competent person, as capable as most people  
44. My impulses don’t control me  
45. I feel nurtured in my family  
46. I don’t need the approval of others for everything I do  
47. Things tend to work out, even in the end  
48. People usually accept me as I am  
49. I seldom feel taken advantage of  
50. I set achievable goals for myself  
51. I’m dull and boring and can’t make interesting conversation  
52. If I’m not careful with my money, I might end up with nothing  
53. I tend to avoid new challenges  
54. I fear I’ll give in to overwhelming crying, anger, or sexual impulses  
55. I’m afraid of being abandoned – that a loved one will die or reject me  
56. I don’t function well on my own  
57. I feel I shouldn’t have to accept some of the limitations placed on ordinary people  
58. People don’t usually include me in what they’re doing  
59. Most people can’t be trusted  
60. Failure is very upsetting to me  
61. I count for something in the world  
62. I can take care of myself and my loved ones
SELF-LIMITING CORE BELIEFS

1. I can learn new skills if I try
2. I can usually handle my feelings
3. I can get the care and attention I need
4. I like to spend time by myself
5. Most of the time I feel fairly treated
6. My hopes and dreams are much like everyone else’s
7. I give people the benefit of the doubt
8. I’m not perfect and that’s okay
9. I’m unattractive
10. I choose my old, familiar ways of doing things over risking the unexpected
11. I don’t perform well under stress
12. I’m powerless to change many of the situations I’m in
13. There’s no one I can count on for support and advice
14. I try hard to please others and I put their needs before my own
15. I tend to expect the worst
16. Sometimes I feel like an alien, very different from everybody else
17. I must be on my guard against others’ lies and hostile remarks
18. I push myself so hard that I harm my relationships, my health, or my happiness
19. People I like and respect often like and respect me
20. I don’t worry much about health or money
21. Most of my decisions are sound
22. I can take charge when I need to
23. I can depend on my friends for advice and emotional support
24. I think for myself, I can stand up for my ideas
25. I am treated fairly most of the time
26. I could change jobs or join a club and soon fit in
27. I’d rather be too gullible than too suspicious
28. It’s okay to make mistakes
29. I don’t deserve much attention or respect
30. I feel uneasy when I go very far from home alone
31. I mess up everything I attempt
32. I’m often a victim of circumstances
33. I have no one who hugs me, shares secrets with me, or really cares what happens to me
34. I have trouble making my own wants and needs known
35. Although my life is objectively okay, I have a lot of trouble accepting some parts that aren’t the way I’d like them to be
36. I don’t feel I belong where I am
37. Most people will break their promises and lie
38. I have very clear, black-and-white rules for myself
SCORING

This inventory evaluates your core beliefs about yourself in relationship to the following 10 areas: Value/Self-Worth, Security, Competence, Empowerment, Love, Autonomy, Justice, Belonging, Trust, and Healthy Standards. Everyone holds some core beliefs about these, whether they are conscious or not.

In the coming days, you'll receive more information about what your scores mean, what you can learn from them, and personalized recommendations and pro tips to improve your scores in each area. Get. Excited.

1. Value

Look at your answers for items 1, 21, 41, 61, 81. For each T circled, give yourself one point. Now look at your answers for items 11, 31, 51, 71, 91. For each F circled, give yourself one point. Record your total points in the space above.

On a scale from 1 – 10, your score indicates how much you agree with the statement “I am worthy.” The higher your score, the more valuable you believe you are as a person. If you score high on value, you believe that you are deserving of love and respect. This means that you are confident and feel a strong sense of self-worth. You feel valued and respected by those around you.

________ points

2. Security

Look at your answers for items 2, 22, 42, 62, 82. For each T circled, give yourself one point. Now look at your answers for items 12, 32, 52, 72, 92. For each F circled, give yourself one point. Record your total points in the space above.

On a scale from 1 – 10, this indicates how much you agree with the statement “I am safe.” The higher your score, the more safe and secure you feel in your relationships and in the world. You feel a general sense of peace and wellbeing, and do not spend a lot of time worrying about bad things that might happen.

________ points

3. Competence

Look at your answers for items 3, 23, 43, 63, 83. For each T circled, give yourself one point. Now look at your answers for items 13, 33, 53, 73, 93. For each F circled, give yourself one point. Record your total points in the space above.

On a scale from 1-10, this indicates how much you agree with the statement "I am competent." The higher the score, the more you feel a sense that you are capable and competent. If you scored high in this area, you feel a sense of self-efficacy and you feel able to accomplish your goals and achieve what you want in life.
SCORING

4. Empowerment

Look at your answers for items 4, 24, 44, 64, 84. For each T circled, give yourself one point. Now look at your answers for items 14, 34, 54, 74, 94. For each F circled, give yourself one point. Record your total points in the space above.

On a scale from 1 – 10, this indicates how much you agree with the statement “I am powerful.” The higher your score, the more you feel in control of your life and able to create what you want.

5. Love

Look at your answers for items 5, 25, 45, 5, 85. For each T circled, give yourself one point. Now look at your answers for items 15, 35, 55, 75, 95. For each F circled, give yourself one point. Record your total points in the space above.

On a scale from 1 – 10 this indicates how much you agree with the statement “I am loved.” The higher your score, the more you feel nurtured, cared for, and loved. A high score indicates you feel accepted and appreciated.

6. Autonomy

Look at your answers for items 6, 26, 46, 66, 86. For each T circled, give yourself one point. Now look at your answers for items 16, 36, 56, 76, 96. For each F circled, give yourself one point. Record your total points in the space above.

On a scale from 1 – 10, this indicates how much you agree with the statement “I am autonomous.” The higher your score, the more independent and self-sufficient you feel.

7. Justice

Look at your answers for items 7, 27, 47, 67, 87. For each T circled, give yourself one point. Now look at your answers for items 17, 37, 57, 77, 97. For each F circled, give yourself one point. Record your total points in the space above.

On a scale of 1 – 10 this indicates how much you agree with the statement “I am treated justly”. The higher your score, the more likely you are to accept what you get in life as fair or reasonable.
8. Belonging

Look at your answers for items 8, 28, 48, 68, 88. For each T circled, give yourself one point. Now look at your answers for items 18, 38, 58, 78, 98. For each F circled, give yourself one point. Record your total points in the space above.

On a scale of 1 – 10 this indicates how much you agree with the statement “I belong”. The higher your score, the more you feel secure and connected to family, friends, acquaintances and humanity in general.

________ points

9. Others

Look at your answers for items 9, 29, 49, 69, 89. For each T circled, give yourself one point. Now look at your answers for items 19, 39, 59, 79, 99. For each F circled, give yourself one point. Record your total points in the space above.

On a scale of 1 – 10 this indicates how much you agree with the statement “People are good”. The higher your score, the more likely you are to trust others and to expect them to behave positively towards you.

________ points

10. Standards

Look at your answers for items 10, 30, 50, 70, 90. For each T circled, give yourself one point. Now look at your answers for items 20, 40, 60, 80, 100. For each F circled, give yourself one point. Record your total points in the space above.

On a scale of 1 – 10 this indicates how much you agree with the statement “My standards are reasonable and flexible”. The higher your score, the more likely you are to judge your own and others’ actions compassionately and have reasonable standards for yourself and others.

________ points
NEXT STEPS...

Get excited! In the coming days, you'll get a series of emails with in-depth information about your scores and personal recommendations, pro-tips, and tricks for each section of the quiz that will help breakout of your self-limiting beliefs and expand into new possibilities.

You'll need to opt in here!

GET MY SCORES NOW!

You can look forward to receiving research-proven tools and time-tested psychology techniques that you overcome your inner roadblocks and find more peace, vitality, and inner strength.

For more tools to improve your mental health game, check out the "Free Resources" page on our website:

FREE RESOURCES

Or set up a free phone consult with one of our team members by visiting our "Get Matched" page to ask us ANYTHING:

GET MATCHED!

We love answering questions and seeing how we can empower you to feel more alive and at peace so give us a ring any time.