

[



INSTRUCTIONS

1. Your participation in this survey is completely confidential.
2. You can be ensured and feel free to answer any question **HONESTLY** as you feel about it.
3. When you answer the questionnaire, think about the way in which you operate and how the statement relates to you right now.
4. Let me repeat” **be bluntly honest** with yourself
5. Complete the survey by following the instructions below to what extent these statements are true in your life

1 – Not true of me

2 – Seldom true of me

3 – Sometimes true of me

4 – Often true of me

5 –True of me Almost always

1	My emotions represent truth	1	2	3	4	5
2	My emotional health is controlled by other people	1	2	3	4	5
3	God is condemning me	1	2	3	4	5
4	My achievements determine my significance	1	2	3	4	5
5	I am responsible for other people’s emotional well-being	1	2	3	4	5
6	God’s love is conditional	1	2	3	4	5
7	I have to live in fear and anxiety	1	2	3	4	5
8	The amount of respect I receive from others determines my worth	1	2	3	4	5
9	God is distant	1	2	3	4	5
10	My worth and value are found in hard work	1	2	3	4	5

11	I must be heard to know I am of value to others	1	2	3	4	5
12	God is demanding	1	2	3	4	5
13	I can't help being depressed if my circumstances don't improve	1	2	3	4	5
14	My spouse (or any significant other) should complete me	1	2	3	4	5
15	God is never satisfied with what I do	1	2	3	4	5
16	Any good thing must be earned	1	2	3	4	5
17	My peace is dependent upon the people around me	1	2	3	4	5
18	God is taking all the fun out of life	1	2	3	4	5
19	My appearance determines my worth	1	2	3	4	5
20	Other people are responsible for meeting my needs	1	2	3	4	5
21	God is controlling	1	2	3	4	5
22	I am not a joyful person	1	2	3	4	5
23	I must be treated fairly in order to know I am respected	1	2	3	4	5
24	God is against me	1	2	3	4	5
25	I don't have enough strength	1	2	3	4	5
26	I need to punish people who have done me wrong	1	2	3	4	5
27	God doesn't love me	1	2	3	4	5
28	What I do determines my value	1	2	3	4	5
29	My security comes from my loved ones protecting and providing for me	1	2	3	4	5
30	I do not measure up to God's standards	1	2	3	4	5
31	I must control my circumstances to be secure	1	2	3	4	5
32	Satisfaction and fulfilment come from my spouse (loved ones)	1	2	3	4	5
33	The Lord has never cared enough about me to answer my prayers	1	2	3	4	5
34	I must perform perfectly in order to be worthy of acceptance	1	2	3	4	5
35	I must have everyone's approval to feel good about myself	1	2	3	4	5
36	If the Lord wanted good things for me, He wouldn't have allowed so much loss and pain	1	2	3	4	5
37	I must stay emotionally guarded to be secure	1	2	3	4	5
38	If I punish others, they will love me and give me what I need	1	2	3	4	5
39	God's healing is not for me, although it works for other people	1	2	3	4	5

40	I have to be strong and independent to survive	1	2	3	4	5
41	If the Lord cared about me, He would give me a person to fill my loneliness	1	2	3	4	5
42	I can't show I need help because it makes me look weak	1	2	3	4	5
43	I must try hard to enter into God's presence	1	2	3	4	5
44	I must control my interactions and circumstances	1	2	3	4	5
45	I cannot trust God	1	2	3	4	5
46	I am guaranteed worth and security only when I am the best	1	2	3	4	5
47	My peace is dependent upon me being treated fairly	1	2	3	4	5
48	I must prove I am right to verify my worth	1	2	3	4	5
49	I must explain, justify, and defend myself	1	2	3	4	5
50	I am destined to live under the burden of guilt if I have failed or sinned	1	2	3	4	5
51	What I do for a living is who I am	1	2	3	4	5
52	I must live in shame due to the abuse in my past	1	2	3	4	5
53	My security is based on maintaining structure in my life	1	2	3	4	5
54	I am inadequate	1	2	3	4	5
55	I can't help being anxious when the future is uncertain	1	2	3	4	5
56	I don't have the ability to love	1	2	3	4	5
57	I am not blessed if God doesn't give me the things I want according to my reason and timing	1	2	3	4	5
58	It is an inevitable struggle to put away the flesh	1	2	3	4	5
59	My childhood issues must be dealt with before I can be okay	1	2	3	4	5
60	Love must be earned	1	2	3	4	5
61	I should not have adversity in my life	1	2	3	4	5
62	I am a victim	1	2	3	4	5
63	Things must go my way for me to be satisfied	1	2	3	4	5
64	It is ungodly to be rich	1	2	3	4	5
65	Worry and anxiety are a normal part of my life	1	2	3	4	5
66	If I haven't figured out my calling by now, I probably never will	1	2	3	4	5
67	It's hard to live by grace	1	2	3	4	5
68	I only have enough of God's love to barely get by	1	2	3	4	5
69	It is impossible for me to enter the kingdom of heaven	1	2	3	4	5

Full acknowledgement and recognition: John Bevere

Adapted from Old Beliefs vs. New Beliefs by Anne Trippe