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\*\*This does not replace the original resentment inventory. Use this or the original resentment inventory for self-defeating beliefs\*\*

**Self-Defeating Belief Inventory**  
**“God Please Help Me See the Truth About My Self-Defeating Beliefs”**

**Column 1 - My Self-Defeating Belief:** \_\_\_\_\_

\_\_\_\_\_

**Column 2 - The Cause:** *Why Do I Have This Belief? Who Told me This? What Happened in my past?*

\_\_\_\_\_

\_\_\_\_\_

**Column 3 - Affects My:** *Keep column 1 & 2 in mind while writing column 3 (ref p.63 “we considered it carefully”)*

***Fear of being...***

**Self Esteem:** *How does this belief make me feel about myself?* \_\_\_\_\_ (            )

\_\_\_\_\_ (            )

\_\_\_\_\_ (            )

**Pride:** *How does this belief affect how I think people see me?* \_\_\_\_\_ (            )

\_\_\_\_\_ (            )

\_\_\_\_\_ (            )

**Ambition:** *Who do I want to be? What do I want to do? How does this belief affect those things?* \_\_\_\_\_ (            )

\_\_\_\_\_ (            )

\_\_\_\_\_ (            )

**Security:** *What do I want or need to be secure in? How does this belief affect those things I want to be secure in? (Physical &/or Emotionally?)* \_\_\_\_\_ (            )

\_\_\_\_\_ (            )

\_\_\_\_\_ (            )

**Personal Relationships:** *How does this belief affect how I deal with other people in a general way?*

\_\_\_\_\_ (            )

\_\_\_\_\_ (            )

\_\_\_\_\_ (            )

**Sex Relationships:** *How does this belief effect my intimate relationships with someone else, other?*

\_\_\_\_\_ (            )

\_\_\_\_\_ (            )

\_\_\_\_\_ (            )

**Pocket Book:** *How does this belief affect me financially?* \_\_\_\_\_ (            )

\_\_\_\_\_ (            )

\_\_\_\_\_ (            )

**Is this a Lie?** \_\_\_\_\_ (            )

(            )

(            )

**“God Help Me See the Truth”**

**Column 4 - Look Around the Whole Belief / Lie**

**Where was I Self-Seeking?** *What did I Do? What were my selfish actions or activities?*

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**Where had I been Selfish?** *What was my selfish Thinking or behavior?*

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**Where was I Dishonest?** *What are the lies I tell myself as a result of my selfish thinking?(Am I not a victim of delusion I can wrest satisfaction & happiness if I only manage well?*

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**Where was I frightened?** *What am I afraid of?*

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**Harm:** *Do I see any harm I caused? Look around the belief, including how it affects others i.e.: partners, kids, parents, employers etc...)*

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