Federation of Courage

In the box provided, write a number between 0 and 100 that represents how you feel or how Much you believe in the statements below: 0 being no feelings or belief and 100 being an Intense feeling or belief in the statement.

Statement		Statement	
I'm unlovable	☐	I'm a victim	☐
I can't do it	☐	The world is a dangerous place	☐
People are out to get me	☐	I'm helpless	☐
I'm flawed	☐	Life is hopeless	☐
I'm not capable	☐	I must be perfect to be loved	☐
It's not fair	☐	I must be in control	☐
I'm insignificant	☐	People are over sensitive	☐
I'm bad	☐	I'm not good enough	☐
I'm unforgivable	☐	I don't deserve it	☐
People must think well of me	☐	I'm not worthy	☐
Something bad will happen	☐	It'll never happen to me	☐
People take advantage of me	☐	I've lost control	☐
I'm guilty	☐	I'm unproductive	☐
I'm a failure	☐	I get stood on	☐
I'm worthless	☐	I'm sensitive	☐
I'm misunderstood	☐	I'm used	☐
I'm unattractive	☐	I'm trapped	☐
I'm powerless	☐	I'm inferior	☐
I'm abandoned	☐	I'm betrayed	☐
I'm alone	☐	I'm vulnerable	☐
I'm sinful	☐	I'm un-teachable	☐
I'm dumb	☐	I'm confused	☐

Other(s) ....

Anna McFerrier
help@federationofcourage.co.nz
027 623 6410