

Unhelpful Beliefs Quiz

“What are you hidden beliefs about yourself?”

Here is a self-discovery quiz designed to help you uncover **underlying maladaptive beliefs**—often unconscious, self-limiting patterns that influence emotions, decisions, and relationships. This quiz is for gentle self-exploration and is not meant to be used as a diagnostic tool.

Instructions: Complete each sentence honestly and without overthinking. Use your **first instinct**—even if it sounds unkind or irrational. This isn’t about judging yourself; it’s about discovering what beliefs might be shaping your behaviour.

Section 1: Self-Worth & Identity

1. If I make a mistake, it means I am _____.
 2. Deep down, I often feel I am not _____.
 3. Other people would respect me more if I were _____.
 4. When I succeed, I usually think it was because _____.
 5. If people really knew me, they would _____.
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Section 2: Relationships & Trust

6. I can't count on others because _____.
 7. People usually hurt me when I _____.
 8. When someone gets close to me, I _____.
 9. I feel like I have to act a certain way so people will _____.
 10. If I say how I really feel, others will _____.
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Section 3: Control & Perfectionism

11. Things only go well if I _____.
 12. If I'm not in control, then _____.
 13. If I don't do things perfectly, people will _____.
 14. It's dangerous to show weakness because _____.
 15. Being vulnerable means _____.
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Section 4: Failure, Rejection & Shame

16. I avoid trying new things because _____.
 17. If I get rejected, it proves that I'm _____.
 18. I feel most ashamed when I _____.
 19. Failing at something means I am _____.
 20. Criticism usually makes me feel _____.
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Next Steps: How to Use This

1. **Review your answers.** Look for patterns, repeated fears, or harsh self-judgments.
 2. **Ask yourself:**
 - *Where did I learn this belief?*
 - *Is this always true—or just something I fear?*
 - *How would I speak to a friend who said this about themselves?*
 3. **Rewrite key statements.** Try shifting from "I'm not good enough" to "I sometimes struggle, but that doesn't define my worth."
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Common Maladaptive Core Beliefs (for reflection)

- "I'm not lovable."
- "I must be perfect to be accepted."
- "People will leave me if I'm honest."
- "If I don't succeed, I'm a failure."
- "My feelings don't matter."