

@Strength of Negative Beliefs (Scoring)

Read through the list of your negative beliefs and give them a score between 1-7. If you don't really believe them, not in your current adult life, then they score a 1. If you absolutely believe them now – they score a 7 and you can choose any other number from the range in between.

You may have more than ten beliefs – so I don't want to add them all together. However, if you have more than six with a score between 5-7 – this would be considered high level. If the majority of your negative beliefs score between 1-4 – this would be considered low

Do you have more than six different negative beliefs with high levels?

If so, you would be considered to have a 'High Strength' Negative Belief System. If you scored below six negative beliefs, or your negative beliefs scored less than four, then you would be considered to have a 'Low Strength' negative belief system.

If you have one or two particularly strong negative beliefs though, that seem to come up in almost every area of our life, then potentially you might still like to consider reviewing these with a therapist. The next assessment around self-worth may give you some additional insight.

Depending on the strength of the negative belief system, the approach to finding a resolution will vary. If it is low-strength you may be able to work through some self-development processes and see if this resolves things enough to allow you to move forward.