



Beliefs Inventory

This Beliefs Inventory makes no judgment about good or bad, right or wrong – only what is THERE. It is a frank and honest acknowledgement of what you believe — like it or not.

Instructions

1. Complete each of the following sentence fragments. Write down whatever comes to mind. It's okay if you write down beliefs that contradict each other.
2. At this point, make no judgments about whether the stories you tell yourself are good or bad, helpful or unhelpful. Just list them.
3. It's okay if you don't have an answer for every sentence starter, but try. Push yourself.
4. It's also okay if you sometimes repeat yourself.
5. Feel free to add more "sentence starters" of your own.

Beliefs ("the stories I tell myself") about myself...

1. One story I tell myself about **myself** is...

Another story I tell myself about **myself** is...

2. One story I tell myself about **my body** is...

Another story I tell myself about **my body** is...

3. One story I tell myself about **my appearance** (attractiveness) is...

Another story I tell myself about **my appearance** is...

4. One story I tell myself about **my mind** (my intelligence, my thought life, etc.) is...

Another story I tell myself about **my mind** is...

5. One story I tell myself about my **emotional life** (how I feel, how I react to others, etc.) is...

Another story I tell myself about my **emotional life** is...

6. One story I tell myself about **spiritual life** (faith, prayer life, spirituality, relationship with God, etc.) is...

Another story I tell myself about **spiritual life** is...

7. One story I tell myself about my **personal values** is ...

Another story I tell myself about my **personal values** is ...

8. One story I tell myself about my **purpose in life** is ...

Another story I tell myself about my **purpose in life** is ...

9. One story I tell myself about **how I see myself** (my self-image) is ...

Another story I tell myself about **how I see myself** is ...

10. One story I tell myself about **my masculinity** is....

Another story I tell myself about **my masculinity** is....

11. One story I tell myself about **my sexuality** is...

Another story I tell myself about **my sexuality** is...

12. One of my **greatest life challenges** so far has been ...

Another of my **greatest life challenges** so far has been ...

13. In my personal healing and growth work, where I think I am most **stuck** is ...

Another place where I think I am most **stuck** is ...

14. One story I tell myself about **my career or work life** is ...

Another story I tell myself about **my career or work life** is ...

15. One story I tell myself about **money or my ability to make money** is ...

Another story I tell myself about **money or my ability to make money** is ...

16. What I **want most** for my life is ...

Something else I **want most** for my life is ...

Beliefs (“the stories I tell myself”) about other men ...

17. One story I tell myself about **other men** is...

Another story I tell myself about **other men** is...

18. One story I tell myself about **myself compared to other men** is...

Another story I tell myself about **myself compared to other men** is...

19. One story I tell myself about some of the most **significant men in my life** is...

Another story I tell myself about some of the most **significant men in my life** is...

20. One story I tell myself about **other men's bodies** is...

Another story I tell myself about **other men's bodies** is...

21. One story I tell myself about **how other men see me** is...

Another story I tell myself about **how other men see me** is...

22. One story I tell myself about **how I am when I'm around other men** is ...

Another story I tell myself about **how I am when I'm around other men** is ...

23. One story I tell myself about **my relationships with other men** is ...

Another story I tell myself about **my relationships with other men** is ...

Beliefs (“the stories I tell myself”) about women ...

24. One story I tell myself about **women** is...

Another story I tell myself about **women** is...

25. One story I tell myself about **femininity** (or feminine qualities) is ...

Another story I tell myself about **femininity** is ...

26. One story I tell myself about **women's bodies** is...

Another story I tell myself about **women's bodies** is...

27. One story I tell myself about some of the most **significant women in my life** is...

Another story I tell myself about some of the most **significant women in my life** is...

28. One story I tell myself about **how women see me** is...

Another story I tell myself about **how women see me** is...

29. One story I tell myself about **how I am when I'm around women** is ...

Another story I tell myself about **how I am when I'm around women** is ...

30. One story I tell myself about **being married or someday getting married** is ...

Another story I tell myself about **being married or someday getting married** is ...

31. One story I tell myself about **being a husband or being a boyfriend to a woman** is ...

Another story I tell myself about **being a husband or being a boyfriend to a woman** is ...

32. One story I tell myself about **being single** is ...

Another story I tell myself about **being single** is ...

Beliefs (“the stories I tell myself”) about the family I was raised in ...

33. One story I tell myself about **my father** is...

Another story I tell myself about **my father** is...

34. One story I tell myself about **my mother** is...

Another story I tell myself about **my mother** is...

35. One story I tell myself about **my family of origin** is...

Another story I tell myself about **my family of origin** is...

36. One story I tell myself about **how I was raised** is...

Another story I tell myself about **how I was raised** is...

More of My Stories

37. One story I tell myself about **my faith** is...

Another story I tell myself about **my faith** is...

38. One story I tell myself about **my religious beliefs** is...

Another story I tell myself about **my religious beliefs** is...

39. One story I tell myself about **God** is...

Another story I tell myself about **God** is...

40. One story I tell myself about **my friends** is...

Another story I tell myself about **my friends** is...

41. One story I tell myself about **me being a friend to others** is...

Another story I tell myself about **me being a friend to others** is...

42. One story I tell myself about **the people in my life** is ...

Another story I tell myself about **the people in my life** is ...

43. One story I tell myself **about my past** is ...

Another story I tell myself **about my past** is ...

44. One story I tell myself **about my future** is ...

Another story I tell myself **about my future** is ...

45. One of the most challenging things about **being me** is...

Another of the most challenging things about **being me** is...

46. One of the greatest benefits of **being me** is...

Another of the greatest benefits of **being me** is...

Finally, my most distressing stories...

47. One of the **most distressing stories** I tell myself is ...

48. Another of the **most distressing stories** I tell myself is ...

49. But the **most distressing story of all** that I often tell myself—and have for a long time—is ...