

DEFECTIVENESS CORE BELIEF SELF-ASSESSMENT

The defectiveness core belief often rides shotgun with the abandonment core belief. If you feel that you are bad, unworthy, defective, and that if someone saw you for who you really are he or she would find you unlovable and reject you, then it's likely that you have a defectiveness core belief.

Rate the following statements using the scale below:

1 = completely untrue of me

2 = mostly untrue of me

3 = slightly more true than untrue of me

4 = moderately true of me

5 = mostly true of me

6 = describes me perfectly

- _____ 1. No man or woman could love me if he or she really knew me.
- _____ 2. I am inherently flawed and defective. I am unworthy of love.
- _____ 3. I have secrets that I do not want to share, even with the people closest to me.
- _____ 4. It was my fault that my parents could not love me.
- _____ 5. I hide the real me. The real me is unacceptable. The self I show is a false self.
- _____ 6. I am often drawn to people—parents, friends, and lovers—who are critical and reject me.
- _____ 7. I am often critical and rejecting, especially of people who seem to love me.
- _____ 8. I devalue my positive qualities.
- _____ 9. I live with a great deal of shame about myself.
- _____ 10. One of my greatest fears is that my faults will be exposed.
- _____ Total Score

Add up the points from each statement to get your total score.

10–19: Very low. This core belief probably does not apply to you.

20–29: Fairly low. This core belief may apply only occasionally.

30–39: Moderate. This core belief is an issue in your life.

40–49: High. This is definitely an important core belief for you.

50–60: Very high. This is a powerful core belief for you.

Note: If you have a low score but you have at least one statement that you rated a 5 or 6, then this core belief is an issue in your life.

This core belief is significant for many people and it can be a perceived internal or external feeling of defectiveness. You may have scored low on this questionnaire but you know that the feeling of defectiveness is with you. Here are some additional situations that may resonate with you:

- There was a physical characteristic that caused embarrassment or was the target of ridicule by others. Or there was something that made you feel self-conscious and you feared that others would discover it.
- You felt that there was something wrong with you because of the way that you were treated by a member or members of your family or peers.
- You may have struggled with your gender identity or sexual orientation.
- You felt less than because you are an adopted child in a family with biological children or because you are a different race or ethnicity than your adoptive parents.
- You could never shake the feeling that something must be wrong with you if your biological mother put you up for adoption.
- You have had an interest that varied from the mainstream and it made you feel different.
- You were afflicted with a childhood illness or disorder that left you feeling like something was wrong with you.

Any of these experiences and others can make you feel like you have a defectiveness core belief. So, again, trust your instincts even when the questionnaire tells you something else.