

FAILURE CORE BELIEF SELF-ASSESSMENT

The failure core belief can be an accomplice to the abandonment core belief. If you feel like you've failed, that failure is inevitable, or that you don't measure up to your peers because you aren't as smart, talented, or successful, then you probably have a failure 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. I feel I am less competent than other people in areas of achievement.
- _____ 2. I feel that I am a failure when it comes to achievement.
- _____ 3. Most people my age are more successful in their work than I am.
- _____ 4. I was a failure as a student.
- _____ 5. I feel I am not as intelligent as most of the people I associate with.
- _____ 6. I feel humiliated by my failures in the work sphere.
- _____ 7. I feel embarrassed around other people because I do not measure up in terms of my accomplishments.
- _____ 8. I often feel that people believe I am more competent than I really am.
- _____ 9. I feel that I do not have any special talents that really count in life.
- _____ 10. I am working below my potential.
- _____ 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.

If you have a low score but you feel like you're a failure, then consider these additional experiences that may have contributed to this core belief:

- Your parents were successful, wealthy, accomplished, talented, or well known and you felt like a failure by comparison.
- Your parents set unrealistic expectations for you (e.g., you were told from the time you were in kindergarten that you would go to Harvard).
- Your sibling(s) was more attractive, talented, and successful.

These could have been true or they could have been your perception. Either way it is what you believed and that is what contributed to this core belief.