

## MISTRUST AND ABUSE CORE BELIEF SELF-ASSESSMENT

The mistrust and abuse core belief is one of the four common coconspirators. If you grew up in an environment in which you didn't trust the person or people close to you, you didn't feel safe, and/or you were physically, verbally, emotionally, or sexually abused, then you probably have a mistrust and abuse 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 expect people to hurt me or use me.
- \_\_\_\_\_ 2. Throughout my life people close to me have abused me.
- \_\_\_\_\_ 3. It is only a matter of time before the people I love will betray me.
- \_\_\_\_\_ 4. I have to protect myself and stay on my guard.
- \_\_\_\_\_ 5. If I am not careful, people will take advantage of me.
- \_\_\_\_\_ 6. I set up tests for people to see if they are really on my side.
- \_\_\_\_\_ 7. I try to hurt people before they hurt me.
- \_\_\_\_\_ 8. I am afraid to let people get close to me because I expect them to hurt me.
- \_\_\_\_\_ 9. I am angry about what people have done to me.
- \_\_\_\_\_ 10. I have been physically, verbally, or sexually abused by people I should have been able to trust.

\_\_\_\_\_ 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 scored low on this core belief but you have a feeling that this core belief is relevant for you, then you might want to consider additional childhood situations that may have made you feel like this core belief is significant to you.

- You may have felt like your parents kept information from you that they should have shared with you.
- There may have been secret-keeping among family members.
- There was a lack of open communication in your family.
- There was an intangible climate of distrust.
- You were criticized or ridiculed when you were most vulnerable.
- You were bullied, ridiculed, or humiliated by your peers.