In the box provided write a number between 0. and 100. that represents how you feel or how much you believe in the statements below. Zero being no feelings or belief and 100. being an intense feeling or belief in the statement. **For the presentation by Caroline Paulzen- 'How Beliefs Affect Our Biology'**

I'm unlovable	☐	I'm a victim	☐
I can't do it	☐	The world is a dangerous place	☐
People are out to get me	☐	I'm helpless	☐
I'm flawed	☐	Life is hopeless	☐
I'm not capable	☐	I must be perfect to be loved	☐
It's not fair	☐	I must be in control	☐
I'm insignificant	☐	People are over sensitive	☐
I'm bad	☐	I'm not good enough	☐
I'm unforgivable	☐	I don't deserve it	☐
People must think well of me	☐	I'm not worthy	☐
Something bad will happen	☐	It'll never happen to me	☐
People take advantage of me	☐	I've lost control	☐
I'm guilty	☐	I'm unproductive	☐
I'm a failure	☐	I get stood on	☐
I'm worthless	☐	I'm sensitive	☐
I'm misunderstood	☐	I'm used	☐
I'm unattractive	☐	I'm trapped	☐
I'm powerless	☐	I'm inferior	☐
I'm abandoned	☐	I'm betrayed	☐
I'm alone	☐	I'm vulnerable	☐
I'm sinful	☐	I'm un-teachable	☐
I'm dumb	☐	I'm confused	☐

Other(s) ....