

Name _____

Date _____

Negative Core Beliefs

Directions: Read the following Negative Core Beliefs and circle all of the beliefs that are true for you (if any).

1. I am powerless over my stuttering
2. My stutter is wrong
3. The most important thing is fluency
4. I'm the only person who stutters
5. People shouldn't have to wait for me to get my words out
6. My stutter inconveniences people
7. If I stutter, people will think I'm not smart
8. If people knew I stuttered, they wouldn't like me
9. If I can hide my stutter, I should
10. It's better to not talk than to stutter
11. My stuttering will never change
12. Stuttering is failing
13. Talking is really difficult
14. I can't cope with moments of stuttering
15. I'm ashamed of my stutter