

# **FILTER-BELIEF FLASH CARDS**

The STEPPS Filters are Beliefs.

Beliefs are how we perceive (see) ourselves, others and how the world works.

These cards will help you learn the 10 Unhelpful Filters (Beliefs) listed in the STEPPS therapy program.

## **PREPARING CARDS**

Print the following two pieces of paper and stick them back to back on a piece of card.  
Cut the cards out.

You now have Filter-Belief Flash Cards.

## **TASK**

Each day, read the BELIEF and see if you can give it the correct FILTER name printed on the otherside of the card.

Each day, read the FILTER name, then try and remember the BELIEF associated with it.

These cards can be used alongside blog post STEPPS 3 - Filtering Reality  
[www.smarturl.it/STEPPS3](http://www.smarturl.it/STEPPS3)

When you have learned the Filter Names and Beliefs, you are ready for the  
DISTORED THOUGHTS FLASH CARDS.

Download at  
[www.smarturl.it/STEPPSresources](http://www.smarturl.it/STEPPSresources)

<p><b>Emotional Deprivation</b> (Emotional Neglect)</p>	<p><b>Catastrophising</b> (Vulnerability to Harm and Illness)</p>
<p><b>Abandonment</b></p>	<p><b>Self Sacrifice</b></p>
<p><b>Mistrust</b></p>	<p><b>Subjugation</b> (Becoming a Slave)</p>
<p><b>Social Undesirability</b> (Feel awkward or not liked)</p>	<p><b>Unrelenting Standards</b> (Never feeling good enough)</p>
<p><b>Failure to Achieve</b></p>	<p><b>Entitlement</b></p>

<p style="text-align: center;"><b>BELIEF</b></p> <p>Something bad is going to happen. No matter how well things are going, trouble is on its way.</p>	<p style="text-align: center;"><b>BELIEF</b></p> <p>My need for affection, protection, caring and other things will not be met by others.</p>
<p style="text-align: center;"><b>BELIEF</b></p> <p>I must sacrifice what I need in order to help others.</p>	<p style="text-align: center;"><b>BELIEF</b></p> <p>Anyone who comes close to me will eventually leave me.</p>
<p style="text-align: center;"><b>BELIEF</b></p> <p>I must do what others want or bad things are going to happen. What others want I must do. What others want to hear, I must say.</p>	<p style="text-align: center;"><b>BELIEF</b></p> <p>Others cannot be trusted. They will eventually take advantage of me, or abuse me.</p>
<p style="text-align: center;"><b>BELIEF</b></p> <p>No way can I ever be as good as other people at sports, work, education, or relationships.</p>	<p style="text-align: center;"><b>BELIEF</b></p> <p>I'm flawed, bad, different from other people. If I let others know who I really am, they will leave me. I feel so ashamed for being me.</p>
<p style="text-align: center;"><b>BELIEF</b></p> <p>The world should satisfy my needs. I should be able to do what I want, when I want, no matter how it makes other people feel.</p>	<p style="text-align: center;"><b>BELIEF</b></p> <p>Whatever I do is not good enough. I must behave and perform in the right way else everyone will say bad things about me or leave me.</p>