

ADAPTIVE (POSITIVE) CORE BELIEFS ABOUT THE SELF

EFFECTIVE CORE BELIEFS

I am reasonably competent, effective, in control, successful, useful.
I can reasonably do most things, protect myself, take care of myself.
I have strengths and weaknesses (in terms of effectiveness, productivity, achievement).
I have relative freedom.
I mostly measure up to other people.

LOVABLE CORE BELIEFS

I am reasonably lovable, likeable, desirable, attractive, wanted, cared for.
I am okay and my differences don't impair my relationships.
I am good enough to be loved by others.
I am unlikely to be abandoned or rejected or end up alone.

WORTHY CORE BELIEFS

I am reasonably worthwhile, acceptable, moral, good, benign.

UNHELPFUL (NEGATIVE) CORE BELIEFS ABOUT THE SELF

HELPLESS CORE BELIEFS

I am ineffective in getting things done.
I'm incompetent, ineffective, helpless, useless, needy; I can't cope.
I am ineffective in protecting myself.
I am powerless, weak, vulnerable, trapped, out of control, likely to get hurt.
I am ineffective compared to others.
I am inferior, a failure, a loser, defective, useless.
I'm not good enough (in terms of achievement); I don't measure up.

UNLOVABLE CORE BELIEFS

I am unlovable, unlikeable, undesirable, unattractive, boring, unimportant, unwanted.
I won't be accepted or loved by others because I am different, a nerd, bad, defective, not good enough, have nothing to offer, there's something wrong with me.
I am bound to be rejected, abandoned, alone.

WORTHLESS CORE BELIEFS

I am immoral, morally bad, a sinner, worthless, unacceptable.
I am dangerous, toxic, crazy, evil.
I don't deserve to live.