

Negative Core Beliefs

Positive Core Beliefs

I'm not enough I am enough
I'm not good enough..... I am good enough
I'm unlovable I'm worthy of love & am lovable
I'm unlikeable I am likable
I'm not valuable I am valuable & worthy
I'm not worthy I am worthy
I'm dumb or stupid..... I am intelligent
I'm an object..... I am a human & deserve respect
I am bad I am good
I am wrong Mistakes make me perfect
I need to be loved to have value I love myself first
Sex is bad & dirty Sex is normal & healthy
I have no needs Needs are normal & okay
Love = Perfection Love is unconditional
Father/Mother knows best..... My choices are valid
Emotions are useless..... Emotions communicate my needs
I'm shameful I sometimes feel shame
I am an idiot I made a mistake. That is okay.
I'm a hot mess I can ask for help
I'm fat I value my health
I am not a good mother I can learn new skills
I am not good at that I can learn how to improve
I wish I could be like them I can learn from them
I am not a good husband..... I can be accountable & improve
I'm stupid..... I need time to learn at my pace
I'm ugly I am beautiful
What is wrong with me I can struggle. That is okay.
I look ridiculous..... I can feel discomfort & be okay
I'm incompetent..... I am resourceful & can learn
What a silly thing to do..... It's okay to make mistakes
I can't do that I can put in effort and try
The world is dangerous I can keep myself safe
The world is unfair I am resilient