

THE LOVE SCOUT

Relationship Therapist



CORE BELIEFS

For the first 6 years of our lives, our brains are like sponges and they download information from our environment. At this early stage we don't have the cognitive capacity to discern what is about us and what is about our actions. Even into adulthood, if we are repeatedly told something about our nature, we can internalise it as the truth about who we are, resulting in negative core beliefs. These beliefs can be detrimental to our self-worth and impact our lives and relationships deeply.

Knowing your core beliefs is this first step to changing them and re-building self-esteem.

I am unlovable	I am worthless	I am broken	I am ugly	I am wrong
I am unworthy	I am a failure	I am irreparable	I am invisible	I am unacceptable
I am undeserving	I am defective	I am stupid	I am incapable	I am inappropriate
I am not enough	I am undesirable	I am a loser	I am unwanted	I am unwelcome
I am insignificant	I am incompetent	I am dirty	I am disgusting	I am unlikable
I am unimportant	I am inadequate	I am shameful	I am repulsive	I am powerless
I am useless	I am damaged	I am different	I am bad	I am unsuccessful
I am embarrassing	I am inferior	I am nothing	I am pathetic	I am a disappointment

Negative emotions such as anger, fear, sadness, guilt and shame are often the result of a core belief being triggered. If you can identify the belief, you can address the underlying issue. If not, the emotion will pass, but will likely re-surface again and again.