

Dysfunctional Core Beliefs

Every time we use events as evidence to support our core beliefs, we strengthen those belief. This becomes a problem when we fail to process any positive data that is contrary to a core belief that is dysfunctional. We confuse our assumptions with our core beliefs. Knowing what is, and isn't, a dysfunctional core belief can help.

Helpless Core Beliefs

(Ineffective in getting things done)

- I can't do anything right
- I am helpless
- I am powerless
- I am weak

Helpless Core Beliefs

(Ineffective in protecting oneself)

- I am vulnerable
- I am a victim
- I am needy
- I am trapped
- I am out of control

Helpless Core Beliefs

(Ineffective compared to others)

- I am incompetent
- I am ineffective
- I am a failure
- I am defective (and don't measure up to others)
- I am not good enough (in terms of achievement)
- I am a loser

Maladaptive Core Beliefs about Others

- People will hurt me
- People may try to control or manipulate me
- People are superior or demeaning
- People are untrustworthy, critical, dangerous or judgmental

Unloveable Core Beliefs

- I'm unlovable
- I don't fit in
- I'm unlikeable
- I'm undesirable
- I have nothing to offer others
- I'll be rejected
- I'll be abandoned
- I'm unattractive
- I'm unwanted
- I'm uncared for
- I am bad (so others will not love me)
- I am defective (so others will not love me)
- I am not good enough (to be loved by others)
- I am bound to be alone

Worthless Core Beliefs

- I am worthless
- I'm morally bad
- I'm a terrible person
- I'm evil
- I'm toxic
- I'm a danger to other people
- I am a waste
- I don't deserve to live

Maladaptive Assumptions

- These take the form of, "If I don't use my coping strategy, my core belief will come true or be evident."