Dormant Low Self-Esteem

Negative Life Experiences
Events, relationships, situations that may have influenced your view of yourself

Negative Core Beliefs
Evaluation of worth/value as a person; conclusions about yourself based on experience – this is the kind of person that I am

Unhelpful Rules & Assumptions
Guidelines, rules or strategies for getting by, given the truth of the negative core beliefs about myself

Unhelpful Behaviours
The things I do to try to live up to my rules and assumptions

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