

CORE BELIEF CLUSTERS: Developmental Plateaus

NEGATIVE

I am abandoned.
I am alone.
It's not safe to feel.
I am unimportant.
I am invisible.

ADAPTIVE

I can survive / exist / get my needs met.
I can survive / exist / get my needs met.
I can begin to learn when and how to...
I have value regardless.
I can get my needs met.

SURVIVAL

RESPONSIBILITY

Control

I am powerless / helpless / trapped.
I have to be in control.
I am responsible.
I should have done something.

I can control what I can in ...
I can safely let go of some control.
I can recognize appropriate responsibility.
I did what I could.

Shame

I am... (core sense of self)

I am unlovable / undeserving.
I am worthless / defective.
I am bad / selfish.
I am not good enough.
I am inadequate.
I am responsible.

I am okay as I am.
I am okay as I am.
I can accept myself.
I am good enough.
I can accept myself.
I can recognize appropriate responsibility.

Guilt

I did... (self-evaluation of behaviors)

I am bad.
I am a failure.
I am responsible.
I have to be in control.

I can learn from my mistakes.
I did the best I could.
I can recognize appropriate responsibility.
I can recognize what I can and cannot control.
I can control what I can.
I did what I could.

I am powerless / helpless / trapped.
I should have done something.

VULNERABILITY

I am vulnerable.
I am powerless.
I am helpless.
I am trapped.

I can protect myself.
I can control what I can.
I can control what I can.
I can control what I can.

JUDGMENT

I can't trust my judgment.

I can learn how to trust my judgment.

PTSD ("T" trauma—child or adult onset)

I am going to die.
I am in danger.
I am overwhelmed.

I survived.
I can survive.
I can get through it.