

# 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 as compared to other people)

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

## UNLOVEABLE CORE BELIEFS

- I am unloveable
- I am unlikeable
- I am undesirable
- I am unattractive
- I am unwanted
- I am uncared for
- I am different (so others will not love me)
- 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)

## WORTHLESS CORE BELIEFS

- I am worthless
- I am unacceptable
- I am bad
- I am a waste
- I am immoral
- I am dangerous
- I am toxic
- I am evil
- I don't deserve to live