

# Core Beliefs

I'm not worthy	I'm not attractive
I'm worthless	I'm ugly
I'm not okay	I'm not talented
I'm not important	I'm weak
I'm not deserving	I'm inadequate
I'm not loveable	I'm not competent
I'm not worth loving	I'm fake, a fraud, a phony
I'm powerless	I'm a disappointment
I'm stupid	I'm invisible
I'm bad	I'm not acceptable
I'm nothing	I'm doomed
I have to be perfect	I have nothing to offer
I'm fat	I'm a loser
I'm phony	I'm defective
I'm righteous	I don't have what it takes
I don't love	I'm a failure
I don't care	I'm a liar
I'm dishonest	I'm unattractive
I'll never get it	I'm not welcome here
I'm needy	I'm weak
I'm demanding	I'm demanding
I'm boring	I'm dumb