



COMMON CORE BELIEFS PRINTABLE MENTAL HEALTH VISUAL

Created by a Registered Therapist

COMMON CORE BELIEFS

There's something wrong with me	I am unattractive	I am entitled to special treatment	Others should satisfy my needs	I am unimportant	I am not as good as others
I am a bad person	I am incapable	I can do no wrong	If I don't excel, I am worthless	I am not worth others time	Caring leads to being hurt
I am always wrong	I am insignificant	I must be respected or I can't take it	Others don't deserve good things	People I love will leave me	I can't be happy on my own
I am inferior	DEFECTIVENESS	ENTITLEMENT	ABANDONMENT	I am not allowed to set boundaries	They'll leave if I set boundaries
I am a failure				I need others to validate my worth	
I am worthless				I can't achieve	
I don't matter				I am trapped	
I am alone	LOVEABILITY	RESPONSIBILITY	HELPLESSNESS	I can't change	
I am unwanted					
I am unloveable	I will be rejected	I can't ask for help	I can't trust others	I can't handle anything	I am weak
I am unacceptable	I am unwelcome	My needs are unimportant	I can fix people	I am out of control	I am powerless
I don't fit in	I am unlikeable	Everything is my fault alone	I am responsible for others feelings	I am unsuccessful	I am a loser