

# Core Belief Developmental Plateaus

## Negative

## Positive

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

*I'm powerless / helpless / trapped.*  
*I have to be in control.*

*I'm responsible*  
*I should have done something.*

### **I am... (core sense of self)**

*I'm unlovable / undeserving.*  
*I'm worthless / defective.*  
*I'm bad / selfish.*  
*I'm not good enough.*  
*I'm inadequate.*

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

*I'm bad.*  
*I'm a failure.*  
*I'm incompetent*  
*I should have done something.*

*I'm vulnerable.*  
*I can't trust my judgment*

*I'm going to die.*  
*I'm in danger.*  
*I'm overwhelmed.*

## Survival

*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.*

## Control

*I can control what I can in...*  
*I can safely let go of some control.*  
*I can recognize what I can and can't control*

## Responsibility

*I can recognize appropriate responsibility.*  
*I did what I could.*

## Worthlessness

*I am okay as I am.*  
*I am okay as I am.*  
*I can accept myself.*  
*I am good enough.*  
*I can accept myself.*

## Guilt

*I can learn from my mistakes.*  
*I did what I could / the best I could.*  
*I'm competent regardless*  
*I did what I could.*

## Vulnerability

*I can take care of myself.*  
*I can learn to trust my judgment.*

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

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