

DEVELOPMENTAL PLATEAUS

ADULT CORE BELIEF CLUSTERS

I cannot protect myself.



I can protect myself.

**I can learn from my mistakes.
I am good enough.
I did the best I could.**

**I do bad things.
I am not good enough.
I am a failure.
I should be better.
I should have done something.**



**I am lovable.
I am worthwhile.
I am okay as I am.
I can accept myself.**

**I am unlovable.
I am worthless.
I am inadequate.
I am defective.**



I can recognize appropriate responsibility.

I am responsible for everything.



**I did what I could.
I can safely let go of some control.
I can recognize what I can control.
I can recognize what I cannot control.**

**I have to be in control.
I am powerless.
I am helpless.
I am trapped.**



I can survive.

**I can get my needs met.
I have value regardless.
I am important.
My feelings and needs are valid**

**I am going to die.
I am in danger.
I am abandoned.
I am discarded.
I am alone.
I am invisible.
I am unimportant.
It is not safe to feel.**



I do not deserve to exist.

I deserve to exist.

For more, follow me on:



To book a consultation,
please get in touch:

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