

LEFKOE INSTITUTE

Negative Self-esteem Beliefs

There 's something wrong with me.	I 'm not attractive.
I 'm not good enough.	I 'm ugly.
I 'm not capable.	I 'm not talented.
I don 't matter.	I 'm weak.
What I want doesn 't matter.	I 'm inadequate.
What I feel doesn 't matter.	I 'm not competent.
What I do doesn 't matter.	I 'm a fake, a fraud, a phony.
I 'm not worthy.	I 'm a disappointment.
I 'm worthless.	I 'm invisible.
I 'm not okay.	I 'm not acceptable.
I 'm not important.	I 'm doomed.
I 'm not deserving.	I have nothing to offer.
I 'm not lovable.	My needs are not important.
I 'm powerless.	I 'm not trustworthy.
I 'm stupid.	I 'm a loser.
I 'm bad.	I 'm defective.
I 'm nothing.	I don 't have what it takes.
Nothing I do is good enough.	

Beliefs that people learning to be TLM facilitators should work on as soon as possible include: Mistakes and failure are bad. Making a mistake means I'm not capable, competent, and/or stupid. If I make a mistake I'll be rejected. I'm not good enough. I'm inadequate. What makes me good enough is doing things perfectly. (This is a survival strategy belief.) Also the conditioning: fear associated with making mistakes or failing, and fear associated with being judged or evaluated.

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