Low Self-Esteem: How It Begins

Negative Life Experiences
Events, relationships, living situations that may have influenced ideas about myself

Negative Core Beliefs
Evaluation of worth/value as a person
Conclusions about the self, based on experience:
this is the kind of person I am

Unhelpful Rules & Assumptions
Guidelines, conditional rules, or strategies for getting by, given the truth of the negative core beliefs about myself

Unhelpful Behaviours

(Dormant Low Self-Esteem)

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