Low Self-Esteem: How It's Maintained

At-Risk Situations

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Activation of Negative Core Beliefs

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Biased Expectations

Negative Self-Evaluations

↓ ↓

Unhelpful Behaviour

Unhelpful Behaviour

↘ ↙

Consequences

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Negative beliefs about yourself are confirmed & remain activated
Unhelpful rules & assumptions remain unchallenged

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