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)