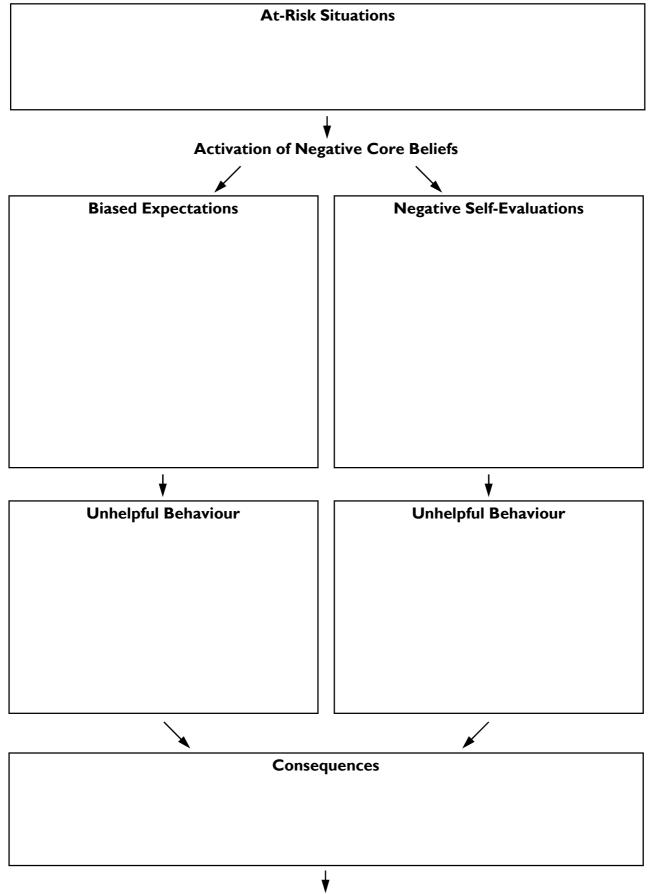
## Low Self-Esteem: How It's Maintained



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



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