

Precipitating / Triggers

Early Experiences

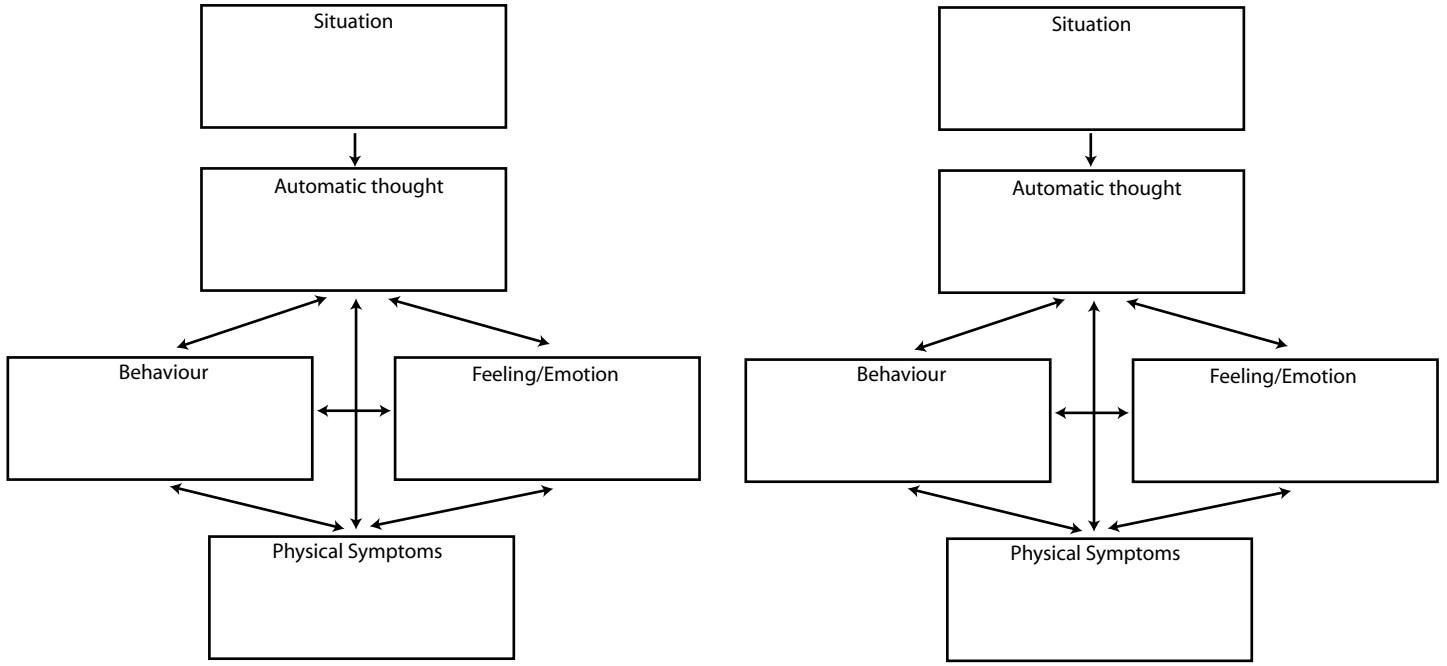
Core Beliefs

- Bad
- Not good enough
- Unacceptable
- Worthless
- Unlovable
- Unimportant
- Inferior
- Stupid

Old Rules For Living (If...Then...)

Presenting Problem / Effects Of These Old Rules

Are these working for you?



Protective Factors

New Rules For Living