

## CORE BELIEF CLUSTERS: Developmental Plateaus

### NEGATIVE

*I am abandoned.*  
*I am alone.*  
*It's not safe to feel.*  
*I am unimportant.*  
*I am invisible.*

### ADAPTIVE

*I can survive / exist / get my needs met.*  
*I can survive / exist / get my needs met.*  
*I can begin to learn when and how to...*  
*I have value regardless.*  
*I can get my needs met.*

## SURVIVAL

## RESPONSIBILITY

### Control

*I am powerless / helpless / trapped.*  
*I have to be in control.*  
*I am responsible.*  
*I should have done something.*

*I can control what I can in ...*  
*I can safely let go of some control.*  
*I can recognize appropriate responsibility.*  
*I did what I could.*

### Shame

#### **I am... (core sense of self)**

*I am unlovable / undeserving.*  
*I am worthless / defective.*  
*I am bad / selfish.*  
*I am not good enough.*  
*I am inadequate.*  
*I am responsible.*

*I am okay as I am.*  
*I am okay as I am.*  
*I can accept myself.*  
*I am good enough.*  
*I can accept myself.*  
*I can recognize appropriate responsibility.*

### Guilt

#### **I did... (self-evaluation of behaviors)**

*I am bad.*  
*I am a failure.*  
*I am responsible.*  
*I have to be in control.*

*I can learn from my mistakes.*  
*I did the best I could.*  
*I can recognize appropriate responsibility.*  
*I can recognize what I can and cannot control.*

*I am powerless / helpless / trapped.*  
*I should have done something.*

*I can control what I can.*  
*I did what I could.*

## VULNERABILITY

*I am vulnerable.*  
*I am powerless.*  
*I am helpless.*  
*I am trapped.*

*I can protect myself.*  
*I can control what I can.*  
*I can control what I can.*  
*I can control what I can.*

## JUDGMENT

*I can't trust my judgment.*

*I can learn how to trust my judgment.*

## PTSD ("T" trauma—child or adult onset)

*I am going to die.*

*I survived.*

*I am in danger.*

*I can survive.*

*I am overwhelmed.*

*I can get through it.*