

**Table 8.1**  
**Three Categories of Core Beliefs**

<b>Helplessness</b>	<b>Worthlessness</b>	<b>Unloveability</b>
"I am helpless."	"I am worthless."	"I am unloveable."
"I fail at everything I try."	"I am disgusting."	"I am unlikeable."
"I am a weakling."	"I am a disaster."	"I will always be alone."
"I am stuck."	"I am greatly flawed."	"I will eventually be rejected."
"I am defenseless."	"I shouldn't be allowed to live."	"I will never be cared for."