

Table 8.8
Old Core Beliefs Versus New Core Beliefs

<u>“Old” Core Belief</u>	<u>“New” Core Belief</u>
“I am helpless.”	“Although there may be times when I don’t have much control, there are many other times when I am in control.”
“I fail at everything I try.”	“I sometimes make mistakes, but I generally successfully complete important tasks.”
“I am worthless.”	“I do have value to others and sometimes I am able to value some parts of myself.”
“I am greatly flawed.”	“I do have some flaws just like other people, but I also have some great strengths as well.”
“I am unlikeable.”	“I’m a generally liked person.”
“I will never be cared for.”	“People have cared for me in the past, and I can be cared for in the future.”