

DISTORTIONS

PERFORMANCE-BASED DISTORTIONS	TRUST/SAFETY-BASED DISTORTIONS
Core belief: “I must succeed or excel to be valuable.”	Core belief: “People will ultimately harm or reject me.”
My worth is determined by my performance.	I can’t be vulnerable and be safe.
I have to be perfect to be valued.	People can’t be trusted; they’ll inevitably hurt me.
My success is entirely my responsibility.	If I feel unsafe, I must <i>be</i> unsafe.
My achievements define who I am.	If I let my guard down, I’ll definitely get hurt.
Everything depends on me.	Men/women cannot be trusted or are not safe.
If I’m not the best, I’ve failed.	Sharing my problems just makes them worse.
APPROVAL-BASED DISTORTIONS	SELF-WORTH-BASED DISTORTIONS
Core belief: “My worth is determined by the acceptance or validation of others.”	Core belief: “There’s something inherently wrong or unlovable about me.”
My value is dependent on meeting and exceeding your expectations.	I’m inherently worthless.
I’m only okay if you’re okay with me.	There’s something fundamentally wrong with me.
My value hinges on your approval.	I am powerless to change the things I hate about myself.
No matter how hard I try, I’ll never meet your expectations.	I don’t belong anywhere.
What people think of me defines who I am.	Nobody cares enough to truly understand me.
Conflict always makes things worse.	I’m unloved and will never be loved.
My value depends on how I’m perceived.	I’ll always be the outsider.
CONTROL-BASED DISTORTIONS	If anyone truly knew me they would reject me.
Core belief: “I must manage everything to avoid failure or exposure.”	I’m completely alone.
I can’t make mistakes or show weakness and be valued.	
I have to be in control to protect myself.	
I’ll do whatever it takes to avoid being powerless again.	
If I don’t control everything, everything will fall apart.	
It’s all on me.	