

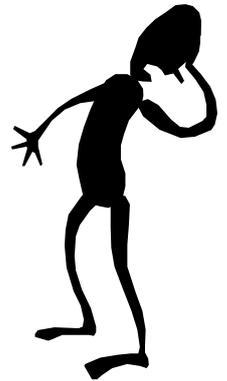
Examples of Core Wounds

SELF



I'm not good enough
I don't deserve the best
I'm not up to it
I won't ever make it
I'm not as good as others
I won't achieve
I'm unworthy
I'm a loser
I am scum
I don't deserve to be happy

I have no control
I can't trust myself
I'm unlovable
I'm scared
I'll always be sick
I can't do it
I'm invisible
I don't deserve to be here
I have to play small



OTHERS/RELATIONSHIPS

They don't want me
All men/women are
Relationships don't work
They are more important
Those you love, leave you
Relationships don't last
You can't trust others
They are better than me
I don't belong
I'll always disappoint them

They don't care
I don't need you
They don't get me
Nobody wants me
There's not enough love to go around
Everyone is out to get me
They are not safe

LIFE



Nothing is easy
Life's hard
I'll never get what I want
You can't really trust life
You can't have everything
Life is a battle
Life's scary
It's not fair

It's too hard
It is my fault
It's not my fault
I can't win
What's the point?
Bad things happen to me
The world owes me

