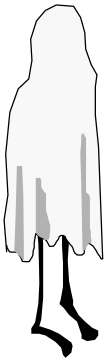


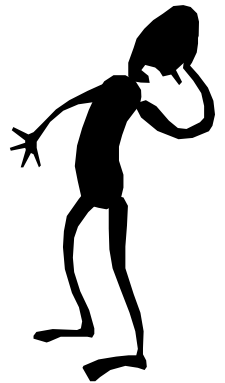
## Examples of Core Wounds

### 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

