

The 12 Core Beliefs

I'm Unworthy/I'm Unlovable

Emotion: Depression

Body: Emotional

Behaviours

- Put other people first and deny your own needs.
- Seek love and approval, but then reject it when it's offered.
- Unconsciously arrange to be rejected, as this proves there's nothing about you worth loving.
- Take steps to attract love, but will often end up doing the opposite.
- Take everything personally, everything you hear is about you. Consequently you're very sensitive to others opinions.
- Often become the centre of a controversy, be dramatic or a martyr. This is a test to see if other people will love and accept you.
- Do things a 'worthy' person would do; ie be a good Christian, environmentalist, etc. Your worth is defined by looking at what others consider to be worthy (not what you think is worthy - because you're unworthy).
- Often leave jobs or relationships before others find out how unworthy you are.

I'm Not Good Enough

Emotion: Depression

Body: Emotional

Behaviours

- Compulsive trying and attempting. The goal is to become whole through success and hard work, anything that's done easily is suspect.
- Over achievement ie; lots of degrees - keep trying because you're good, but not good enough - often a perpetual student. A lot of high flyers have this belief.
- You set up achievements that don't get acknowledged.
- Always looking to better yourself - enough is never enough.
- Very future orientated - always rushing ahead.
- Often use the word 'should' in your sentences.
- Characterised by feelings of emptiness.

I Don't Belong

Emotion: Depression

Body: Emotional

Behaviours

- Appear odd, weird or different and experience a lot of rejection from others.
- Can act like a hermit - even among people.
- Try to belong and ensure you have a place where you can belong.
- Do things so you won't be thrown out, often very likeable.
- Will often become part of, or instigate a group, club or cult. This is so you have somewhere to belong. Will be hyper-vigilant about people.
- Will either conform to prevent being thrown out, or be so weird that people don't know how to react.

I Need to Control Myself, Others or the World

Emotion: Fear

Body: Mental

Behaviours

- Attempt to control yourself, others and/or situations.
- Limit input/output so you don't get overwhelmed.
- Will intellectualise, space out, become confused, numb, detached, and can affect others in these ways.
- Limit thoughts, feelings and actions to what you can control. You spend a lot of time in your head.
- Avoids taking risks and/or seeks rules. Often the rules are 'should not's'.
- Try to control your behaviour, but then resolve the tension by going out of control. This particularly applies to habits and addictions such as eating, drinking, smoking, drug taking.
- Will act out of control in an attempt to get others to step in and force control – but you are actually controlling the situation.
- Often short sighted - you only see what you can control or keep together.
- Create a vision of negative consequences - you can only see the negative things that will happen if you were to take action.

I Can't Trust Myself, Others or the World

Emotion: Fear

Body: Mental

Behaviours

- Cheat and be dishonest (often by not saying what you think, rather than lying)
- Unconsciously set up others to fail and then feel betrayed. You assume others will fail you because they can't be trusted.
- Not allow others to help you feel safe. Will do things on your own. Will often feel misunderstood.
- Be very careful - always seeking safety before taking action.
- Set up a lot of tests for people, which often destroys the trust you're trying to build.
- Look for trustworthy symbols - a person, guru, teacher etc, then once found you will test them to find out why and where they are untrustworthy.
- Demand guarantees and make rules in order to create predictability and safety.
- Create unsafe relationships.
- Make plans and create expectations involving others without telling them. If the other person doesn't come through, you'll feel ripped off and cheated.
- You'll feel unseen, unrecognised, under-valued, violated, betrayed, ripped off.
- Will regularly use the word 'trust' in your sentences.

I'm Insignificant / I'm Invisible

Emotion: Fear

Body: Mental

Behaviours

- Try to impress and appear significant.
- Be detached and covert.
- Never ask for what you want.
- Often unseen even in the presence of others.
- Can also play out most of the strategies of the Trust belief.

I Don't Have the Capacity

Emotion: Fear

Body: Mental

Behaviours

- You believe you need to expand your resources to get the job done.
- Arrange things so you have an enormous amount to do and then never have enough time to get everything done.
- Try to overcome the odds, i.e. blitz it before time runs out, consequently you often late for appointments.
- You get overwhelmed, over committed or under involved.
- Always have a number of projects you're working on, but can never commit to one and complete it.
- Only try things you already know how to do.
- Often controlling of your physical space and environment.
- Come across as overly positive about everything.

There is a Way Things are (the world is)

Emotion: Fear & Anger

Body: Mental

Behaviours

- Fundamentalism
- Seek knowledge - the more knowledge you have the more you know how things operate, then you'll know what to do & what you want.
- Read and study metaphysics and think it matters.
- Constantly convincing yourself and others about how you think 'IT' is.
- Will give up responsibility of your life to the Universe, God, or whatever your theory of 'the way things are' is.
- Will promote your belief to save other people who don't understand 'the way it is', or to bolster your theory.
- Will seek, or may write the 'owners manual to life'

I'm Powerless

Emotion: Anger

Body: Physical

Behaviours

- Set up circumstances to be a victim. You blame others for what happens to you.
- Assign the power outside of yourself.
- Set up situations to fail or lose.
- Often collude with others to seek support for your viewpoint.
- Set up power bases to overpower people.
- Define yourself by accruing symbols of power. Often these people appear very powerful. Once symbols are obtained the game becomes how to keep them.
- Manipulate people in order to get what you want, either by charming them or psyching them out.

I'm Not Allowed to be Capable

Emotion: Anger (Passive Aggression)

Body: Physical

Behaviours

- Set up circumstances so that you can act incapable.
- Be seductive.
- Raise the goal posts before reaching them.
- Underachieve compared to your real capabilities.
- Appear less capable than you really are.
- Avoid situations where your capabilities will or might be tested.
- Often use the word 'could' in your sentences.
- Constant preparation and very process orientated, but don't actually get anything done.
- Perpetual procrastinators. Always dreaming and fantasizing about an ideal future.
- Lack of commitment to anything or anyone.

I Need to be Perfect

Emotion: Anger

Body: Physical

Behaviours

- You assume that perfection actually exists and it's something one needs to be.
- Set high standards and punish yourself relentlessly.
- Never begin anything because you have to do it perfectly the first time.
- Very critical of your own and other people's mistakes and faults.
- Compulsive pickiness and fault finding.
- Excessive preparation.
- Destroy relationships or creations before being found out to be imperfect.

There is a Right Way

Emotion: Anger

Body: Physical

Behaviours

- Intolerance of deviation - always trying to establish the right way.
- Very process orientated - rigid commitment to one way of doing things. You focus on how it is getting done, rather than whether it's getting done or what's getting done.
- Often do things the 'wrong' way and use this as an excuse for failure because you didn't follow the right way.
- Believe in methods, systems, etc - often to extremes.
- Sin obsessed - follow dogmas.
- Core Emotion: Anger and Depression