

Core Distorted Beliefs:

1. I am basically a bad, unworthy person.
2. No one would love me as I am.
3. My needs are never going to be met if I have to depend on others.
4. Sex (people pleasing, food, workaholism or addiction) is my most important need.
5. I am bad because sex (or whatever) is my most important need.- fed by shame system.

Corrected Beliefs:

1. I am a worthwhile person deserving of self-love and care.
2. I am loved and accepted by people who know me as I am.
3. My needs can be met if I let people know what I need.
4. Sex (people, pleasing, food, workahaolism) is but one expression of my need and care for others.

\*Adapted from Patrick Carnes, Out of the Shadows, and other books.