

## CORE “NOT ENOUGH” BELIEFS vs. THE AUTHENTIC SELF

As you identify core beliefs of not being “good-enough,” list them in the left-hand column. In the right-hand column write an insight about your authentic SELF.

CORE “NOT ENOUGH” BELIEF	AUTHENTIC SELF
Example: In order to be lovable I have to take care of everyone else' feelings.	Example: My own feelings are important.

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