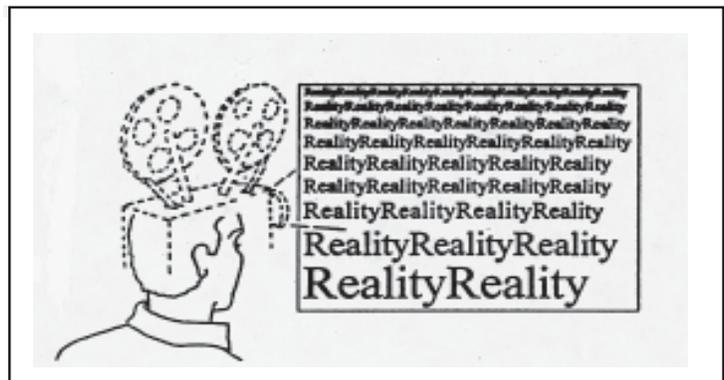


Core-Negative Beliefs

The story always gives rise to a core-negative belief, or set of beliefs.

Examples:

- *Everyone will abandon me after x years.*
- *I am bad and people will discover this after x years/months/weeks.*
- *My father abandoned me so other men will too.*
- *I am not enough.*
- *I will never amount to anything.*
- *No matter how hard I try, it will never be enough.*
- *It is not safe to be me.*
- *I am always last or left out.*
- *People always abandon me.*
- *It is not safe to speak out.*
- *I should have been a boy.*
- *No matter how hard I try, it is never enough.*
- *Other people are more important than me.*
- *It is not good to be powerful/successful/rich/outgoing.*
- *I am unworthy.*
- *I don't deserve.*
- *I must always obey or suffer.*
- *Life is not fair.*
- *I am alone.*
- *No one will love me.*
- *I am unlovable.*
- *No one is there for me.*



These CNBs are always buried deep in the unconscious parts of the mind - totally out of awareness. However, you can get clues about what they might be by looking at your life. Thoughts and beliefs create your reality. It's as if we run a movie through our mind and then project it out there. What shows up in your life is a reflection of your deeply held beliefs. Therefore, your life will clue you in about what beliefs you might hold about yourself in your subconscious mind. It's as if we have to keep proving them right. If I have a core-negative belief that everyone will abandon me after five years, that's exactly what I will create in my life. Life, therefore, is a mirror of our core beliefs.