

Faulty Core Beliefs

From Escaping

1. I am basically a bad, unworthy person
2. No one will love me as I am
3. My needs will never be met if I rely on others to meet them
4. Escape is my most important need
5. I'm broken and cannot create connection with others

Carnes, 1992, Earle & Crow, 1989

From Betrayal

1. I am now unlovable
2. I am broken beyond repair
3. If I was enough, my spouse would not have betrayed me
4. I can never trust anyone
5. I am either too much or I am not enough
6. I cannot trust myself

*Steffens, Manning,
Personal Communication 2019*

NorthStar

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