

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

Carnes, 2001

From Betrayal

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

Steffens & Manning, Personal Communication, 2019