

<b>Common core beliefs/insecurities</b>	<b>Counters</b>
I am worthless	
I am unlovable	
Nobody loves me	
Everything is pointless	
Men are mean	
Women are bad	
I am broken/damage goods	
I don't deserve to live	
I don't matter	
I can't trust anyone	
I'm not good for anything	
Everything I touch turns to 'crap'	
The world is dangerous	
People will eventually turn on me	
People abandon me	
If I let people close they will hurt me	
I will be passed over	
I'm invisible	
I deserve the things that have happened to me	
I should have been the one to die	
Nothing will ever change	
People are evil	
I'm a bad Christian	
I'm bad	
Everyone are just out for themselves	
I'm a loser	
Everything turns bad in the end	
I need to grab the fun while I still can	
I am going to die soon anyway	
Life is not worth living	
I can't have pain	
I can't have anxiety	
I can't live without _____	
I have to have a man/woman	
I can't change who I am	
Rejecting my actions is rejecting me	
I deserve _____	