

## Examples of New Bottom Lines

### Old Bottom Line

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#### Examples New Bottom lines that are simply opposites

I am fat and ugly

I am attractive

I am unacceptable

I am acceptable

I am unlovable

I am loveable

I'm worthwhile only if I am the best

I'm acceptable no matter how well I perform

#### Examples of New Bottom Lines which go off in a new direction

I am worthless

I belong

I am bad

I am worthy

I am stupid

I am open-minded

I am completely useless

I am loved and accepted as I am

#### Examples of New Bottom Lines that are somewhere between being opposites and going off in a new direction

I am not good enough

I am OK as I am

I am inferior

I am as good as anyone

I am worthless

I am acceptable

I am pathetic, weak and incompetent

I am as strong and competent as needs be

#### Core Beliefs about others

People will hurt me

Even though some people are hurtful, most people are kind and giving

People are unreliable

It is OK if people are unreliable, because I am capable and can handle it

## **Your New Bottom Line**

It may be helpful to ask yourself a question 'If you were not (your Old Bottom Line, what would you really, really like to be?'

For example, 'If I were not incompetent, I would really, really like to be competent'

For example, 'If I were not . . .

I would really, really like to be . . .