

# Common Core Beliefs for Therapists

## Loveability



"I am unlovable and undeserving of love."



"I am not worthy of love."



"I must sacrifice my own needs and wants."



"I need validation to feel lovable."



"I need someone else to complete me."



"I am unable to trust others."

## Responsibility



"I am responsible for others."



"If something goes wrong, it is my fault."



"I must put others' needs before my own."



"It is my responsibility for everyone's emotions."



"I should fix other people's problems."



"I should know what others need."

## Abandonment



"I need someone to take care of me because I can't."



"I'll never find someone who won't leave."



"If someone doesn't give me constant attention, they don't care about me."



"I am responsible for preventing abandonment from happening."



"If someone leaves me, it must be because I'm unlovable."



"I'm not deserving of love because I've been abandoned in the past."

## Helplessness



"I have no control over my circumstances."



"I am not worthy of love."



"I am incapable of handling difficult situations on my own."



"I am powerless and at the mercy of others; they have all the control."



"I can't make decisions, I always need someone else to guide me."



"I am so dependent on others."

## Defectiveness



"I am inherently flawed and unworthy of love."



"I am a burden to others and do not deserve their support."



"I am inadequate of meeting others' standards or expectations."



"I am incapable of being successful."



"I am unlovable and will always be rejected by others."



"I am responsible for everything bad that happens around me."

## Entitlement



"I deserve special treatment and should always be prioritized."



"Rules and boundaries don't apply to me."



"Others are responsible for making me happy."



"I am entitled to receive things without considering the rights of others."



"I am entitled to success."



"I deserve recognition and praise without having to earn it."

# WHAT IF REAL HEALING IS SIMPLER THAN YOU THINK?

TRANSFORM YOUR MENTAL HEALTH WITH THIS ULTIMATE THERAPY BUNDLE—EVIDENCE-BASED TOOLS AVAILABLE FOR A LIMITED TIME

Your struggles aren't permanent—they're treatable. This comprehensive digital bundle combines neuroscience-backed techniques with practical healing tools to help you understand your mind, process emotions, and build lasting resilience.



## WHAT'S INSIDE

- **16 Evidence-Based Modules** covering CBT, mindfulness, EMDR principles & more
- **4000+ pages** of therapeutic worksheets, exercises & assessment tools
- **Trauma-Informed Healing Guides** for anxiety, depression & relationship patterns
- **Mind-Body Integration Tools:** movement therapy guides & nutritional healing plans
- **Bonus Resources:** Daily coping cards, boundary scripts & crisis management plans

## KEY BENEFITS

-  **Rewire negative thought patterns** using proven neuroscience
-  **Heal trauma responses** with gentle, evidence-based techniques
-  **Build emotional resilience** that lasts beyond crisis moments
-  **Lifetime access**—use these tools whenever you need support

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“I've spent thousands on therapy. This bundle gave me tools my therapist never mentioned. Life-changing.”  
— Sarah L., Verified Buyer

“As a mental health professional, I'm impressed by the depth and clinical accuracy. I recommend this to all my clients.”  
— Dr. James R., Licensed Therapist

## WHY THIS MATTERS NOW

Every day without proper tools is another day stuck in survival mode. If you're tired of quick fixes and ready for real, sustainable healing—your transformation starts here.

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