

Early experiences

Felt unloved/felt to blame/treated unfairly/controlling mum/desperate to be noticed



Beliefs

I'm to blame/it's my fault/ not good enough/not up to standard



Rules and Standards

High standards for self and others

I must always cope/please

If I'm emotional then I'll get rejected

I must prove myself then I'm worthy

If I'm not in control then I'm being controlled

Triggers when standards might not be met

If standards not met

Negative predictions/
Everything will go wrong



Depression



Anxiety

Triggers when standards might not be met

If standards not met

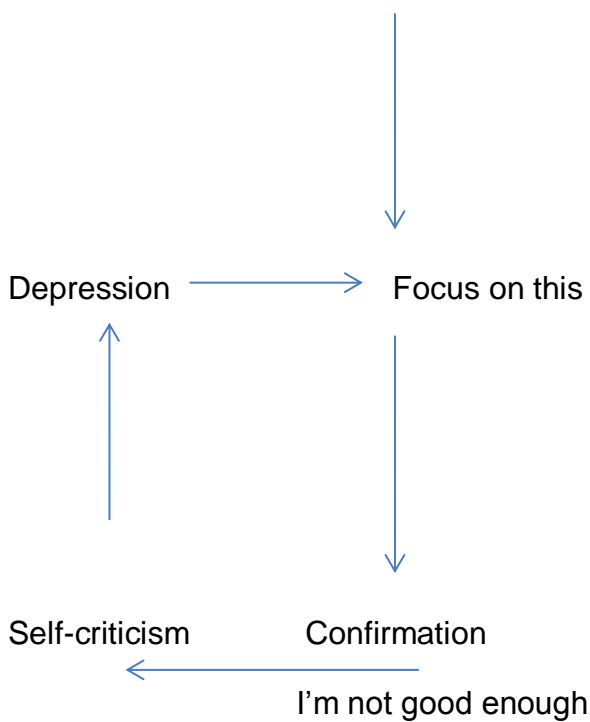


Negative predictions/
everything will go wrong

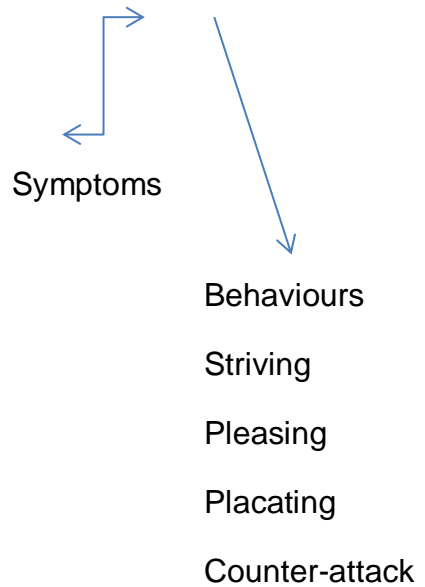


I'm too blame

Set of beliefs around not being up to standard



Anxious



either confirms or prevents change in belief of I'm not good enough