

Table Tops and Table Legs Example

**Core Belief = I am not good enough
I will never be good enough**

That time when I was 15 years old when I didn't get a rose at school for Valentine's Day

When dad used to yell at me "What's wrong with you?" when I made a mistake

That time my boss said I wasn't up to scratch in my performance review and had room for improvement

When mum used to rip up my homework because it wasn't good enough

When the Yr 10 coordinator said I couldn't study music because I hadn't done it as a prerequisite

That time when I was 7 years old when I didn't get the star of the day award in class

When mum laughed at me during the dance recital because I couldn't get it

When I didn't have the same brand shoes as everyone because we couldn't afford it

That time when I was 22 years old when I got overlooked for the promotion at work