

## CORE ISSUES

**Answer: never, rarely, sometimes, often, or always for these issue listed**

- Feeling small, empty, uncared for, needs will never be met, deprivation
- Fear of abandonment or rejection
- Lack of self-confidence, inadequacy, self doubt -- I'm not interesting or desirable, can't trust my feelings or perceptions
- Shame -- feeling bad about self, worthless, defective
- Feeling dominated by others, subjugation -- I must submit to control by others to get my needs met
- Fear of violation by others -- no right to protect self
- Fear of being attacked, feeling vulnerable
- Mistrust / abuse--I can't trust anyone
- Emotional inhibition / suppression of feelings
- Dependence / Incompetence -- I'm not capable, feel needy, lonely, needing much caretaking
- Fragmentation, chaos -- my world is not stable or secure
- Vulnerability to harm or illness, helpless, powerless, victimized -- can't have what I want
- Obligation, caretaking -- feel responsible for others' well being -- my worth comes from caring for others
- Insecurity, conditional value -- I am only valuable when I'm (a certain way)
- Inhibition - feeling inhibited from being oneself -- how I am is not okay
- Entitled -- the belief that you should be able to do or have whatever you want, feeling superior
- Insufficient self-control -- lack of frustration tolerance and impulse control
- Failure -- the belief that you have failed or will inevitably fail
- Self-sacrifice -- excessive focus on voluntarily meeting the needs of others in daily situations
- Invulnerable -- nothing can get to me
- Domination -- if I control others, I won't be harmed
- Defiant -- rebels against power and authority
- Isolation / Alienation -- feeling isolated from the rest of the world, different from other people
- Punitiveness
- Approval seeking / recognition seeking
- Negativity / pessimism -- unable to enjoy life
- Unrelenting standards / hypocriticalness / perfectionism
- Enmeshment - too much involvement with others, lack of inner direction