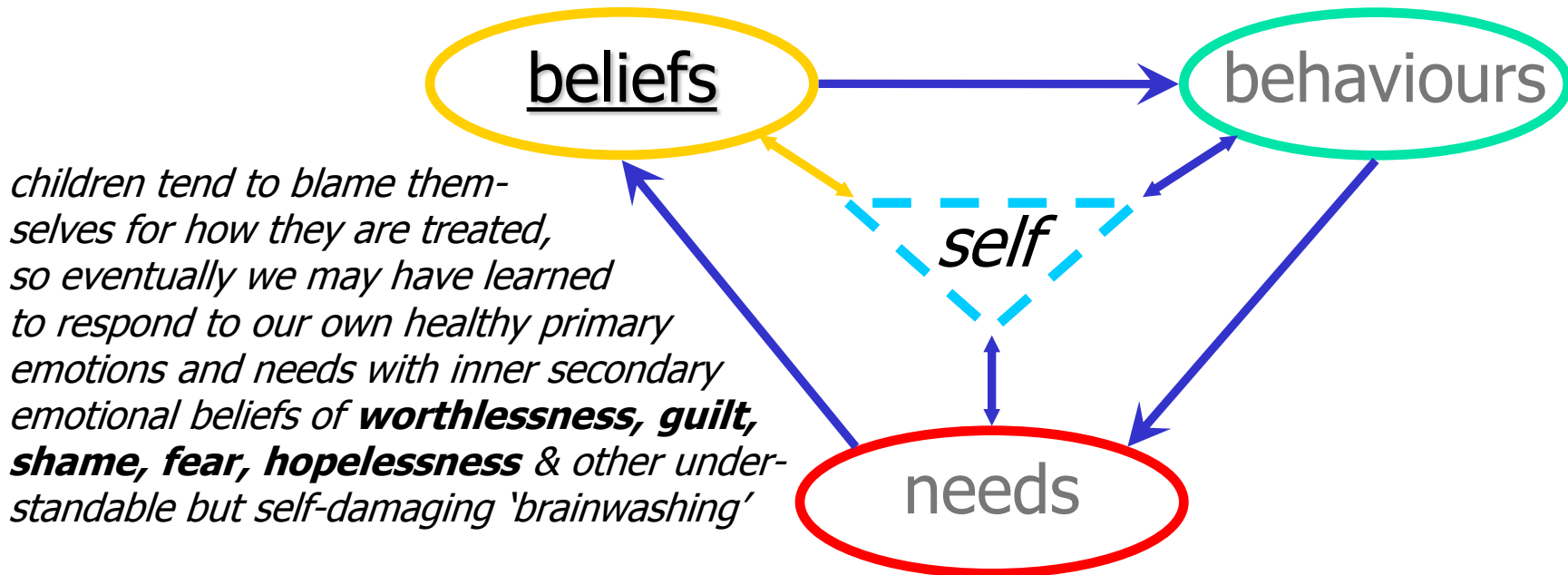


toxic beliefs

important individuals (adults or other children) from early in our lives may have been unable to respond adequately to us when we were trying to get our needs met; they may even have frightened, shamed, been emotionally absent or treated us badly in other ways



*children tend to blame themselves for how they are treated, so eventually we may have learned to respond to our own healthy primary emotions and needs with inner secondary emotional beliefs of **worthlessness, guilt, shame, fear, hopelessness** & other understandable but self-damaging 'brainwashing'*

*as adults we are likely to carry these **toxic secondary emotional beliefs** about ourselves, others and the world as self-critical and pessimistic internalized feelings or 'voices' which are very difficult to challenge at a purely rational level*