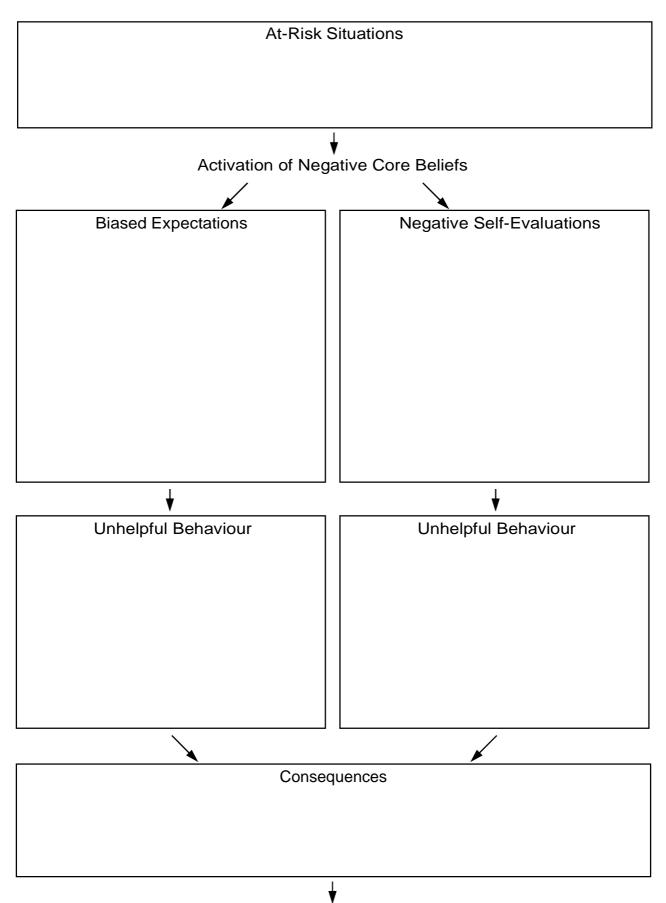
Low Self-Esteem: How It's Maintained



Negative beliefs about yourself are confirmed & remain activated Unhelpful rules & assumptions remain unchallenged