

Self-image Core

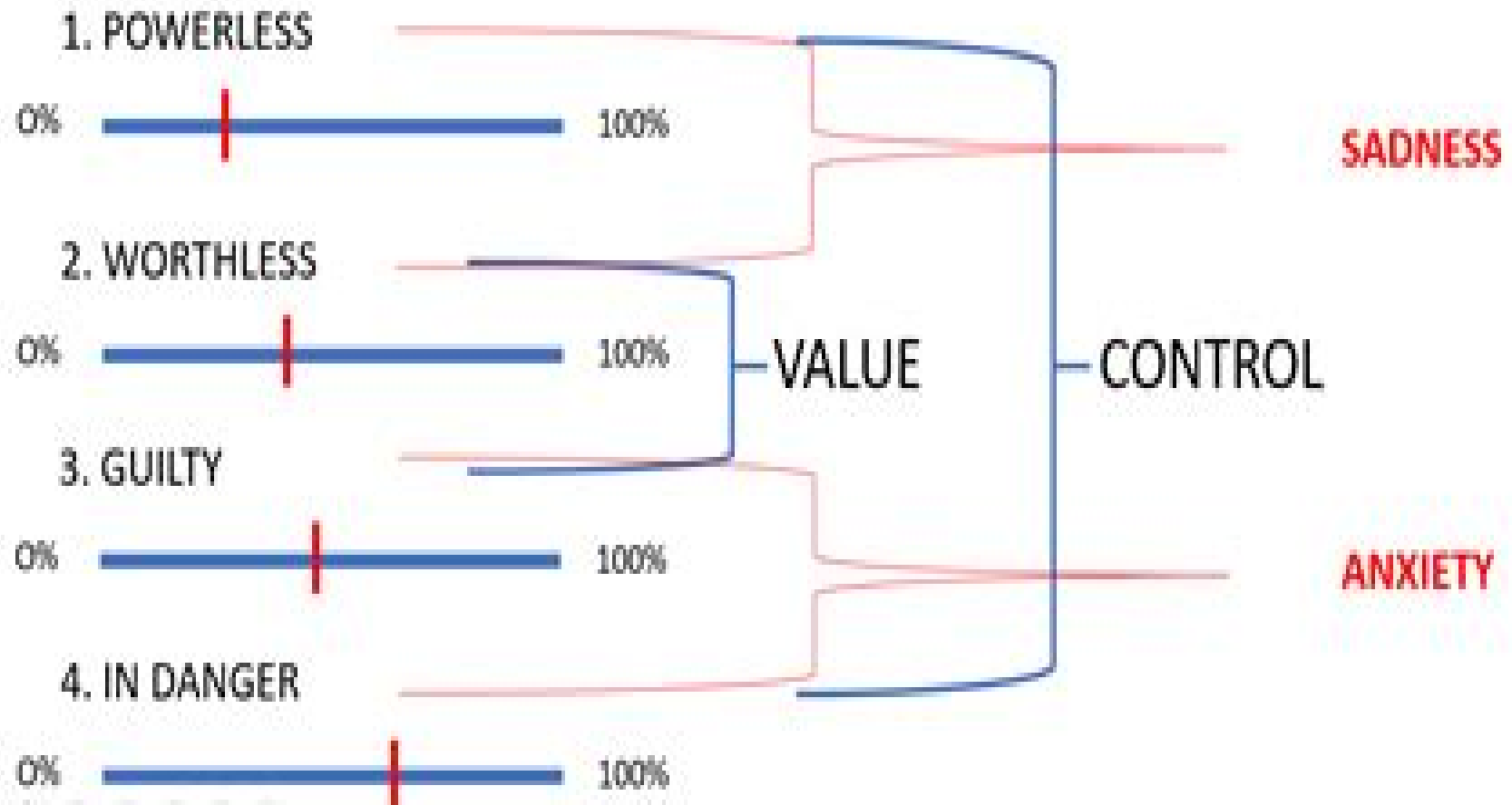
(stored in Long Term Memory; largely unconscious)

4 Negative CORE beliefs
(0-100% strong):

I AM...

1 fundamental EVALUATION
DIMENSION with 2 parts:

2 basic EMOTIONS:



Selfimage Modification

Bruce Jerome Cohen



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