



# Paradigm Transformation

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## Possible Themes of Your Story

There are three main beliefs (themes) that almost everyone shares. They are:

- I'm not good enough.
- I don't matter.
- There's something wrong with me.

There are countless variations on these beliefs. As you read the list of themes that have been used by others, can you identify the core belief that serves as the theme of your story? There can be more than one.

- Nobody likes me.
- I don't belong.
- Something's wrong with me.
- I'm too stupid.
- I'm incompetent.
- I'm unwanted.
- I'm not good enough.
- I'm a doormat.
- I'm not special
- I'm unimportant.
- I'm insignificant.
- I'm useless.
- My life doesn't make a difference
- I'm a nobody.
- I'm damaged.
- I'm rotten.
- I'm a mistake.
- I'm bad.
- I'm not okay.
- I'm inappropriate
- I'm incomplete.
- I'm flawed.
- I'm unlovable.
- I'm a failure.
- No one cares about me.
- I can't trust anyone.
- I'm unworthy.
- I'm undeserving.
- I don't matter.
- I'm inadequate.