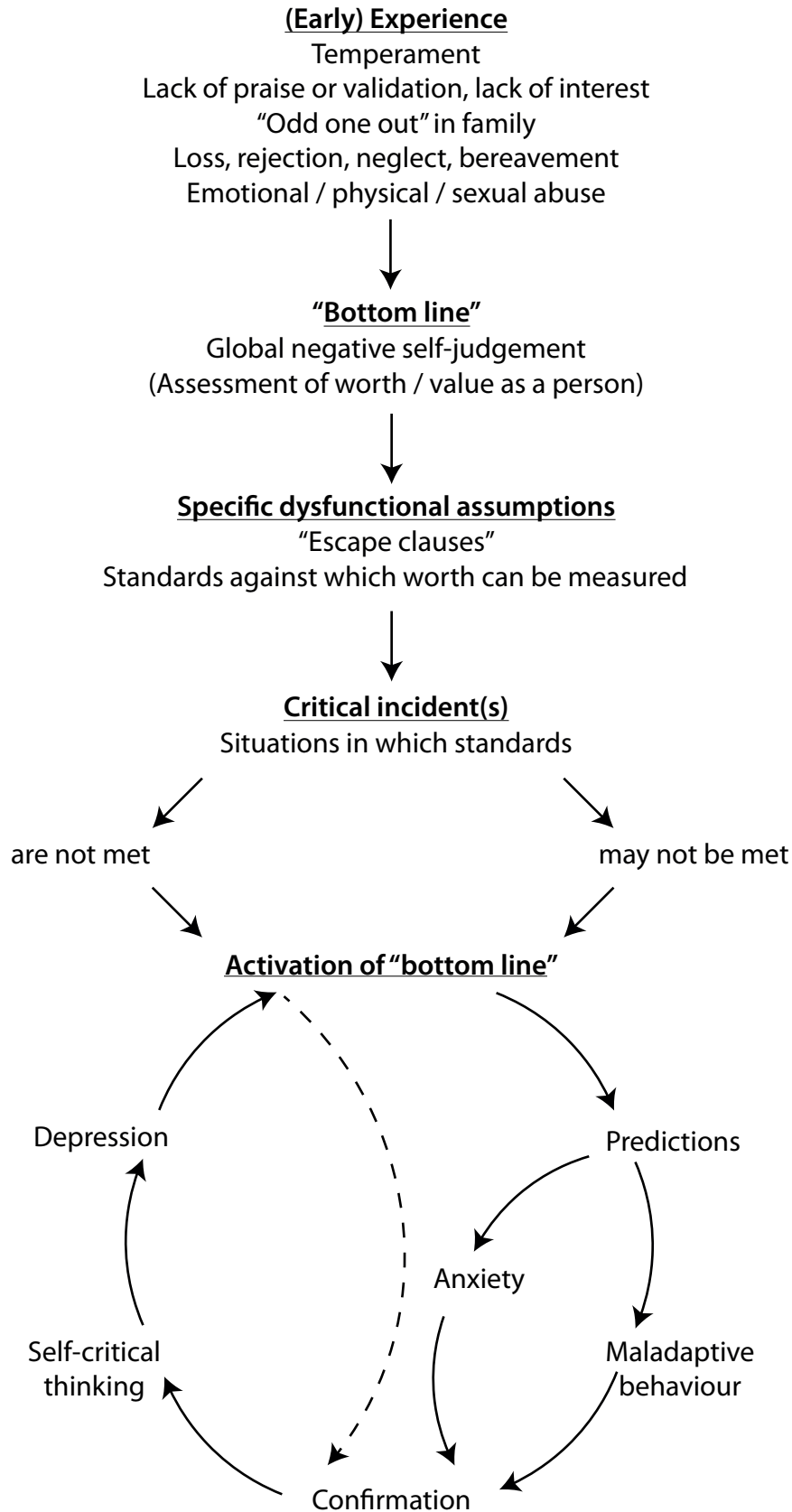


Cognitive Behavioural Model Of Low Self-Esteem (Fennell, 1997)



Cognitive Behavioural Model Of Low Self-Esteem (Fennell, 1997)

Early experiences

Relevant early experiences



Bottom line

Global negative self-judgement



Rules for living

"Escape clauses", coping strategies, standards, rules



Trigger situations in which the rules are definitely broken, or might be broken (ambiguous)



Activation of the bottom line

.....

Predictions

What kind of predictions do you make when your bottom line is active?

Unhelpful coping strategies

What to you do to cope with this threat?

Low mood /
Depression

Anxiety

Confirmation of the
bottom line

Self-critical thinking

How do you speak to yourself in these situations?

