

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

(Early) Experience

Temperament Lack of praise or validation, lack of interest "Odd one out" in family Loss, rejection, neglect, bereavement Emotional / physical / sexual abuse

"Bottom line"

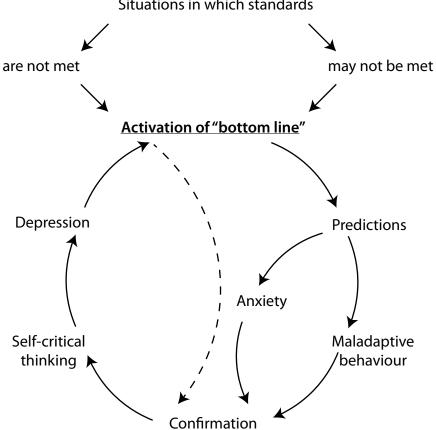
Global negative self-judgement (Assessment of worth / value as a person)

Specific dysfunctional assumptions

"Escape clauses" Standards against which worth can be measured

Critical incident(s)

Situations in which standards



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 Low mood / bottom line is active? Depression **Anxiety** Self-critical thinking Unhelpful coping strategies How do you speak to yourself in these What to you do to cope with this threat? situations?

Confirmation of the bottom line