

THE LIST OF SELF-JUDGEMENTS

Unlovable Unimportant Unfulfilled
Unworthy Unworthless Unacceptable
Unsupportable Not Good Enough
Inferior Inappropriate Irresponsible
Guilty Bad Wicked Terrible
Horrible Dirty Disgusting
Despicable Dumb Stupid Inept
Incapable Incompetent Inadequate
Incomplete Unrecognized Insecure
Helpless Hopeless Powerless