

Suzy Dormer Psychologist

Qld Reg No. 920838 ABN 52 724 962 943

PO Box 225, Belgian Gardens Qld 4810

email : suzy@onbundock.com.au

Mobile : 0417 629 969

Understanding yourself and your thinking

This diagram shows how your pattern of thinking and feeling develops. Your genes and your environment influence the way you view the world and yourself. Your environment at an early age shapes your self-esteem, your beliefs about yourself (your core beliefs) and your personality. Some of your beliefs about yourself are positive and some are negative. People with low self-esteem tend to have negative core beliefs about themselves such as 'I'm stupid' or 'I'm a failure'.

